

Balance

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Maureen Jones (UK) & Michelle Jones (UK) - May 2011
音樂: A Balance to All Things - Toploader



Start 32 counts into track.

KICK-BALL-BACK, BACK, BEHIND ½ UNWIND, STEP, ½ PIVOT, SHUFFLE

1&2 Kick right forward, step right back, step left back
3-4 Step right back, touch left back & unwind ½ turn left
5-6 Step right forward, pivot ½ turn left
7&8 Shuffle forward stepping right, left, right

FULL TURN, STEP, ¼ PIVOT, CROSS, SIDE, BACK ROCK

9-10 Make ½ turn right and step left back, make ½ turn right and step right forward
11-12 Step left forward, pivot ¼ turn right
13-14 Step left across right, step right to right
15-16 Rock left behind right, recover onto right

KICK-BALL-CROSS, SIDE, BEHIND, KICK-BALL-CROSS, BALANCE STEP

17&18 Kick left to left, step left to left, step right across left
19-20 Step left to left, step right behind left
21&22 Kick left to left, step left to left, step right across left
23-24 Touch left to left rising onto toes, transfer weight from right to left and lower heels
(Spread arms out to sides during counts 23-24 as if balancing)

BACK ROCK, ¼ TURN, SHUFFLE, ½ SPIN TURN-BACK, BACK ROCK, ¼ SPIN TURN-SIDE

25-26 Rock right behind left, recover onto left
27&28 Make ¼ turn right and shuffle forward stepping right, left, right
29-30 Spin ½ turn right and step left back, rock right back
31-32 Recover onto left, spin ¼ turn left and step right to right

BEHIND, SIDE, CROSS SHUFFLE, SIDE, TOUCH, CHASSE ¼ TURN

33-34 Step left behind right, step right to right
35&36 Step left across right, step right to right, step left across right
37-38 Step right to right, touch left beside right & click fingers to right
39&40 Step left to left, step right beside left, make ¼ turn left & step left forward

STEP, FULL SPIN TURN, STEP, SWEEP, ROCK, ¾ TURN

41-42 Step right forward, spin full turn left hooking left across right
43-44 Step left forward, sweep right from back to front
45-46 Rock forward on right, recover onto left
47-48 Make ½ turn right & step right forward, make ¼ turn right & step left to left

BEHIND, SIDE, CROSS SHUFFLE, SIDE, TOUCH, ¼ TURN, SWEEP

49-50 Step right behind left, step left to left
51&52 Step right across left, step left to left, step right across left
53-54 Step left to left, touch right beside left & click fingers to left
55-56 Make ¼ turn right & step right forward, sweep left from back to front

CROSS, BACK, TOGETHER, POINT, TOUCH, WALKS, STEP, LARGE STEP, TOUCH

57-58 Step left across right, step right back
&59-60 Step left beside right, point right to right, touch right beside left

61-62 Walk forward stepping right, left

&63-64 Step right beside left, step left large step to left, touch right beside left

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