

Little Love

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Yolanda Massey (USA) & Vicki Pierson (USA) - August 2011
音樂: So In Love (feat. Anthony Adams) - Jill Scott : (Album: Light of the Sun)



Intro: 32 counts. (Music is 4:35 mins -- can be faded around 3:52)

This is a high beginner dance to use as a split-floor dance for our Intermediate dance, So In Love "Easier" options are provided for those who want a beginner dance.

Sec 1: Vine R, Vine L with 1/4 Turn L

1, 2, 3, 4 Step R to side, Step L behind R, Step R to side, Touch L next to R

Easier: Step R to side, Step L next to R, Step R to side, Touch L next to R

5, 6, 7, 8 Step L to side, Step R behind L, Turn 1/4 L stepping forward on L, Touch R next to L [9:00]

Easier: Side, together, turn 1/4 L Stepping forward on L, Touch R next to L

Sec 2: Step Touch, Diagonal Step Touch, Rocking Chair

1, 2 Step R to side, Touch L next to R

3, 4 Step L diagonally to L side (turning 1/8 L), Touch R next to L

5, 6, 7, 8 Rock R forward, Recover on L, Rock R back, Recover on L [7:30]

Sec 3: Hip Rolls, Toe Switches, 1/4 Turn R

1 2 Step R forward diagonally to R, Roll hips while turning slightly to L on L

3 4 Step R forward diagonally to R, Roll hips while turning slightly to L on L [6:00]

Note: Turn a total of 1/8 to the L, squaring up to 6:00, when doing the two hip rolls.

5&6&7 Point R to side, Step R next to L, Point L to side, Step L next to R, Point R to side

Easier: Point R to side (3 times) for counts 5, 6, 7

8 With toe pointed to R side- turn 1/4 R on ball of L , rolling R knee to R. Weight stays on L [9:00]

Sec 4: Sit Down, Up, Step, Point, Step, Point, Step, 1/2 Turn L

1, 2 With weight on L and knee popped forward, dip (or sit) body down and raise up

3, 4, 5, 6 Step down on R, Point L to side, Step forward on L, Point R to side

7, 8 Step forward on R, Turn 1/2 L stepping forward on L [3:00]

Repeat and Enjoy!