

Mayhem

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gabrielle Hancock (UK) - January 2011
音樂: Inside Out (Latin Mix) - Imelda May & Blue Jay Gonzalez : (Single)



(INTRO. ON VOCALS-32 COUNT FROM HEAVY BEAT)

R HEEL & L TOE & R KICK-BALL-TOUCH & L OUT-IN-OUT-IN-L & CHASSE-TOUCH-

1&2& Tap Right Heel Forward-Step Right Beside Left-Tap Left Toes Behind Right-Step Left Beside Right-
3&4& Kick Right-Step Left Beside Right-Touch Left Beside Right-
5&6& Touch Left Toes To Side-Touch Left Beside Right, Repeat-
7&8& Side Step Left-Step Right Beside Left-Side Step Left-Touch Right Beside Left-

CHASSE QUARTER RIGHT, L STEP-PIVOT HALF-STEP, R MAMBO ROCK FORWARD, L MAMBO ROCK BACK -

9&10 Side Step Right-Step Left Beside Right-Quarter Turn Right Onto Right.
11&12 Step Forward Left-Pivot Half Turn Right Onto Right-Step Forward On Left.
13&14 Rock Forward On Right-Recover Left-Step Right Beside Left.
15&16 Rock Back On Left-Recover Right-Step Left Beside Right-

R HITCH- QUARTER LEFT x 2, RIGHT CROSS - BACK LEFT-RIGHT, ROCK BACK-RECOVER-HALF TURN LEFT, RIGHT COASTER.

&17&18 Hitch Right Knee-Quarter Turn Left Touching R Toes To Side, Repeat
19&20 Step Right Over Left-Step Back Left-Step Right To Side Of Left.
21&22 Rock Back On Left-Recover Right-Step Back Half Turn Right Onto Left Foot.
23&24 Step Back On Right-Step Left Beside Right-Step Forward On Right

TOE TAPS LEFT - RIGHT & LEFT KICK-BALL-TOUCH, SIDE TOUCHES RIGHT-LEFT & CROSS RIGHT, UNWIND HALF LEFT.

25&26& Tap Left Toes Forward-Step Forward Left-Tap Right Toes Forward-Step Forward Right-
27&28 Kick Left-Step Left Beside Right-Touch Right Beside Left
29&30& Touch Right To Side-Step Right Beside Left-Touch Left To Side-Step Left Beside Right-
31,32 Touch Right Over Left, Unwind Half Turn With Weight Onto Left.