

She's Actin' Single (P)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 0 級數: Intermediate - Partner
編舞者: Carole Gosselin (CAN) & Raymond Sanschagrin (CAN) - 2011
音樂: She's Actin' Single - Ronnie Dunn



Sweetheart position Facing L.O.D.

Men's steps are opposite unless indicated

Intro de 16 counts

[1-8] Rock Step, Shuffle Back, Back Rock Step, Shuffle Fwd,

1-2 M: Rock step LF forward- Return on RF
1-2 W: Rock step RF forward – Return on LF
3&4 M: Shuffle back LF, RF, LF
3&4 W: Shuffle back RF, LF, RF
5-6 M: Rock back RF – Return on LF
5-6 W: Rock back LF, return on RF
7&8 M: Shuffle forward RF, LF, RF
7&8 W: Shuffle forward LF, RF, LF

[9-16] M: Walk, Walk, Shuffle Fwd, Rock Step, Shuffle 1/2 Turn,

[9-16] W: Walk, Walk, Shuffle 1/2 Turn, Back Rock Step, Shuffle Fwd,

1-2 M: Step LF forward, Step RF forward
1-2 W: Step RF forward, step LF forward

Do not let go of hands, the woman passes under right arm

3&4 M: Shuffle forward LF, RF, LF, L.O.D.
3&4 W: Shuffle 1/2 turn left RF, LF, RF R.L.O.D.

Face to face, right shoulder to right shoulder, hands crossed, right hand over left hand

5-6 M: Rock RF forward, return on Lf
5-6 W: Rock LF back, Return on RF
7&8 M: Shuffle forward RF, LF, RF, 1/2 turn to the right R.L.O.D.
7&8 W: Shuffle forward LF, RF, LF

You are now facing R.L.O.D.hands crossed in front, right hands on top

[17-24] M: Rock Step, Triple 1/2 Turn, Walk, Walk, Shuffle Fwd,

[17-24] W: Rock Step, Shuffle 1/2 Turn, Walk, Walk, Shuffle Fwd,

1-2 M: Rock forward LF, Return on RF
1-2 W: Rock forward RF, Return on LF

Do not let go of hands, woman passes under right arm in front of man

3&4 M: Triple Step, 1/2 turn to the left Lf, RF, LF
3&4 W: Shuffle 1/2 turn to the right going forward RF, LF, RF

Position Left Sweetheart, facing L.O.D .man is in the exterior of the circle

5-6 M: Step RF forward, Step LF forward
5-6 W: Step LF forward, step RF forward
7&8 M: Shuffle forward LF, LF, RF
7&8 W: Shuffle forward LF, RF, LF,

[25-32] (Step, Slap Boots, Shuffle Fwd) X2,

1-2 M: Step LF forward, Slap woman's LF with your RF
1-2 W: Step RF forward, Slap man's RF with your LF
3&4 M: Shuffle forward RF, LF, RF
3&4 W: Shuffle forward LF, RF, LF
5-6 M: Step LF forward, Slap woman's LF with Man's RF

5-6 W: Step RF forward, slap Man's RF with woman's LF
7&8 M: Shuffle forward RF, LF, RF
7&8 W: Shuffle forward LF, RF, LF

**[33-40] M: Walk, Walk, Shuffle Fwd, Walk, Walk, Triple Step,
[33-40] W: 1/2 Turn, Back, Shuffle Back, 1/2 Turn, 1/2 Turn, Triple Step,
Do not let go of hands, the woman passes under the right arm**

1-2 M: Step RF forward, Step RF forward
1-2 W: 1/2 to the left with RF back , LF back

Man facing L.O.D. woman facing R.L.O.D.

Hands crossed, right hands on top

3&4 M: Shuffle forward, LF, RF. LF
3&4 W: Shuffle back RF, LF, RF

The woman passes under right arm and also left arm

5-6 M: Step RF forward, Step LF forward
5-6 W: 1/2 to the left with LF forward, 1/2 turn to left with RF back

Window position, man facing L.O.D. and woman facing R.L.O.D.

7&8 M: Triple Step RF, LF, RF
7&8 W: Triple Step LF, RF, LF,

**[41-48] M: 1/4 Turn, Together, Triple 1/4 Turn, Rock Step, Triple 1/2 Turn,
[41-48] W: 1/4 Turn, Together, Triple 1/4 Turn, Back Rock Step, Triple Full Turn,**

1-2 M: 1/4 turn to the left with LF forward, RF next to LF I.L.O.D.
1-2 W: 1/4 turn to the left with RF forward – LF next to RF O.L.O.D.

3&4 M: Triple Step LF, RF, LF 1/4 turn to the left
3&4 W: Triple Step RF, LF, RF 1/4 to the left

Window Position, Man facing R.L.O.D. ,woman facing L.O.D.

5-6 M: Rock RF forward Return on LF
5-6 W: Rock LF back, return on RF

Do not let go of hands, woman passes under arms to get out of window Position

7&8 M: Triple Step RF, LF, RF, 1/2 turn to left
7&8 W: Triple Step LF, RF, LF complete turn to right

Sweetheart Position facing L.O.D.

[49-56] (Step, Lock, Shuffle Fwd) X2,

1-2 M: Step LF forward, Step lock RF in back of LF
1-2 W: RF forward, step lock LF in back of RF
3&4 M: Shuffle forward LF, RF, LF
3&4 W: Shuffle forward RF, LF, RF
5-6 M: RF forward, Step lock LF in back of RF
5-6 W: LF forward, lock RF in back of LF
7&8 M: Shuffle forward RF, LF, RF
7&8 W: Shuffle forward LF , RF, LF

[57-64] M: Step, 1/2 Turn, Shuffle 1/2 Turn, Walk, Walk, Shuffle Fwd.

[57-64] W: Walk, Walk, Shuffle Fwd, Step, 1/2 Turn, Shuffle 1/2 Turn.

Let go of right hand, man passes under left arm

1-2 M: LF forward, 1/2 turn to left & RF Back R.L.O.D.
1-2 W: RF forward, LF forward

3&4 M: Shuffle forward LF, RF, LF, 1/2 turn to left L.O.D
3&4 W: Shuffle forward RF, Lf, RF,

Take woman's right hand, the woman passes under right arm

5-6 M: RF forward, LF forward
5-6 W: LF forward, - 1/2 turn to the right, RF back R.L.O.D.
7&8 M: Shuffle forward RF, Lf, RF

7&8 W: Shuffle forward Lf, RF, LF, 1/2 turn to the right L.O.D
You are now back in Sweetheart position facing L.O.D.

Tags: AT the end of the first sequence and at the end of the third sequence

1-2 M: Sway you hips to the left and then the right side

1-2 W: Sway you hips to the right and the to the left

3-4 M: Sway your hips to the left and the to the right

3-4 W: Sway your hips to the right and then to the left

Restart the dance from the beginning!

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