

Dry My Soul

COPPERKNOB
STEPSHEETS

拍數: 120 牆數: 2 級數: Phrased Advanced - Novelty
編舞者: Helena Jeppsson (SWE) - August 2012
音樂: Dry My Soul - Amanda Jenssen



Phrasing: (48 counts) A(version 1) B A(version 2) A(only section 5-8 and version 1) B A(only section 5-6)

A A(version 2) A(version 1) B A(section 5-8, hold the last 7 counts and strike a pose to finish)

Section 1: Step, touch x2, heel x2, together

- 1, 2 Step right foot to right side, touch left toe beside right
- 3, 4 Step left foot to left side, touch right toe beside left
- 5, 6 Step up on right heel, step up on left heel (feet apart)
- 7, 8 Step right foot back to center, step left beside right

Section 2: Weave R, step, hold, rock step

- 1, 2 Step right foot to right side, step left foot behind right
- 3, 4 Step right foot to right side, step left foot in front of right
- 5, 6 Step right foot to right side, hold on count 6
- 7, 8 Rock left foot behind right foot, recover weight onto right foot

Section 3: Step, touch x2, heel x2, together

- 1, 2 Step left foot to left side, touch right toe beside left
- 3, 4 Step right foot to right side, touch left toe beside right
- 5, 6 Step up on left heel, step up on right heel (feet apart)
- 7, 8 Step left foot back to center, step right beside left

Section 4: Weave L, step, hold, rock step

- 1, 2 Step left foot to left side, step right foot behind left
- 3, 4 Step left foot to left side, step right foot in front of left
- 5, 6 Step left foot to left side, hold on count 6
- 7, 8 Rock right foot behind left foot, recover weight onto left foot

Section 5: Diagonal step touch x3, diagonal touch x2

- 1, 2 Step right foot forward on right diagonal, touch left beside right (1.30)
- 3, 4 Step left foot back on left diagonal, touch right beside left (7.30)
- 5, 6 Step right foot back on right diagonal, touch left beside right (4.30)
- 7, 8 Touch left toe forward on left diagonal (10.30), touch left beside right

Section 6: Diagonal step touch x3, diagonal touch x2

- 1, 2 Step left foot forward on left diagonal, touch right beside left (10.30)
- 3, 4 Step right foot back on right diagonal, touch left beside right (4.30)
- 5, 6 Step left foot back on left diagonal, touch right beside left (7.30)
- 7, 8 Touch right toe forward on right diagonal (1.30), touch right beside left

Section 7: Kick, behind, side, cross, kick, behind, side, cross

- 1, 2 Kick right foot forward on right diagonal (1.30), step right behind left
- 3, 4 Step left foot to left side, step right foot across left
- 5, 6 Kick left foot forward on left diagonal (10.30), step left behind right
- 7, 8 Step right foot to right side, step left foot across right

Version 1: Section 8: Side, hold, shake

- 1, 2, 3, 4 Step right foot to right side, hold for 3 counts
- 5, 6, 7, 8 Shake your legs, shoulders, buttocks anything you want for 4 counts

Version 2: Section 8: Twist/swivel

1 - 8 Step right foot to right side, twist/swivel on the balls of your feet, toes going L, R, L, R, L, R, center

B

Side triple, rock step, side rocking chair

1&2 Step right foot to right side, step left beside right, step right to right side
3, 4 Rock left foot behind right, recover weight onto right foot
5, 6 Rock left foot to left side, recover weight onto right foot
7, 8 Rock left foot behind right, recover weight onto right foot

Side triple, rock step, side rocking chair

1&2 Step left foot to left side, step right beside left, step left to left side
3, 4 Rock right foot behind left, recover weight onto left foot
5, 6 Rock right foot to right side, recover weight onto left foot
7, 8 Rock right foot behind left, recover weight onto left foot

Toe strut, rock step x2

1, 2 Step right toe to right side, step down on right heel
3, 4 Rock left foot behind right, recover weight onto left foot
5, 6 Step left toe to left side, step down on left heel
7, 8 Rock right foot behind left, recover weight onto right foot

Kick ball step, step fwd x2, kick ball step, step fwd x2

1&2 Kick right foot forward on right diagonal, step right beside left, step forward on left foot
3, 4 Step forward on right foot, step forward on left foot
5&6 Kick right foot forward on right diagonal, step right beside left, step forward on left foot
7, 8 Step forward on right foot, step forward on left foot

Alternative: When doing count 2, 3, 4 you can do boogie walks where you step on the outside of the foot stepping forward and the knees roll

Kick, step x2, double kick, sailor step

1, 2 Kick right foot forward, step right foot beside left
3, 4 Kick left foot forward, step left foot beside right
5, 6 Kick right foot forward, kick right foot to right side
7&8 Step right foot behind left, step left to left side, recover weight onto right foot

Kick, step x2, double kick, sailor step

1, 2 Kick left foot forward, step left foot beside right
3, 4 Kick right foot forward, step right foot beside left
5, 6 Kick left foot forward, kick left foot to left side
7&8 Step left foot behind right, step right to right side, recover weight onto left foot

Toe, heel, cross x2, toe, heel

1, 2 Touch right toe beside left instep, touch right heel forward on right diagonal
3, 4 Step right foot across left, touch left toe beside right instep
5, 6 Touch left heel forward on left diagonal, step left foot across right
7, 8 Touch right toe beside left instep, touch right heel forward on right diagonal

Step fwd, hold, 1/2 turn L, hold, step fwd x4

1, 2 Step forward on right foot, hold on count 2
3, 4 Make a 1/2 turn left (weight ends on left foot), hold on count 4
5, 6, 7, 8 Step forward on right, left, right, left (facing 6.00)

