

We Can Make It Better

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Gerald Biggs (USA) - October 2012
音樂: The Thanks I Get - Wilco : (CD: The Thanks I Get -single- iTunes)



Start on lyrics

TRIPLE STEP FORWARD x2, POINT CROSS x2

1&2 Triple step forward, R,L,R
3&4 Triple step forward, L,R,L
5-6 Point RT toe to side, Step RT over LT
7-8 Point LT toe to side, Step LT over RT

BACK LOCK STEP, ROCK BACK, RECOVER, STEP PIVOT ½ TURN RT, CROSS SHUFFLE

1&2 Step back on RT, Lock step LT over RT, Step back on RT
3-4 Rock back on LT, Recover onto RT
5-6 Step forward on LT, Pivot ½ turn RT (6:00) (weight RT)
7&8 Crossing chasse (LT over RT) to RT side, L,R,L

TOE, HEEL, TOE HEEL, SIDE ROCK, RECOVER, SAILOR STEP

1-2 Step RT toe forward, Drop RT heel down
3-4 Step LT toe forward, Drop LT heel down
5-6 Rock RT to side, Recover on LT
7&8 Step RT behind LT, Step LT to side, Step RT next to LT

SIDE ROCK, RECOVER, ¼ TURNING COASTER STEP, KICK BALL CHANGE, POINT, HITCH

1-2 Rock LT to side, Recover on RT
3&4 (While turning ¼ turn LT) Step back on LT, Step RT next to LT, Step forward on LT (3:00)
5&6 Kick RT forward, Step RT next to LT, Step LT in place
7-8 Point RT toe to side, Hitch RT knee up in front of LT leg

Start again

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