

Tomme Løfter (Empty Promises)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Kim Liebsch (DK) - March 2013
音樂: Tog Det Som En Mand (feat. Clemens) - Nastasia



Intro: 16 counts from first beat in music (appr. 11 seconds)
Start with weight on L foot.

#1 section - Low kick, ¼ turn with low kick, step side, 2 X basic nightclub steps, step, ¼ turn R, cross

1-2-3 Low kick R fw., make ¼ turn R on L foot while kicking R fw., step R to R side 3:00
4 & 5 Close L behind R, cross R over L, step L to L side 3:00
6 & 7 Close R behind L, cross L over R, step R to R side 3:00
8 & 1 Step fw. on L, make ¼ turn R putting weight on R, cross L over R 6:00

#2 section - ½ turn, point, ½ turn, cross behind with sweep, 2 X sailor

2 & 3 Make ¼ turn L, stepping back on R, make ¼ turn L stepping L to L side, point R to R side 12:00
4 & 5 Make ¼ turn R, stepping fw on R, make ¼ R stepping L to L side, cross R behind L while sweeping L 6:00
6 & 7 Cross L behind R, step R to R side, step L to L side 6:00
8 & 1 Cross R behind L, step L to L side, step R to R side* ** 6:00

#3 section - Step, 1/2 turn, step, coaster step, Rhumba box

2 & 3 Step fw. on L, make ½ turn R, stepping fw. on R, step fw. on L 12:00
4 & 5 Step back on R, step L next to R, step fw. on R 12:00
6 & 7 Step L to L side, step R beside L, step fw. on L 12:00
8 & 1 Step R to R side, step L beside R, step back on R 12:00

#4 section - Back rock, ½ turn, 2 X side mambo, back rock

2 & 3 Rock back on L, recover on R, make ½ turn R stepping back on L 6:00
4 & 5 Rock R to R side, recover on L, step R next to L 6:00
6 & 7 Rock L to L side, recover on R, step L next to R 6:00
8 & Rock back on R, recover on L 6:00

2 Restarts: -

1'st restart on wall 2 after 16 counts*,
2'nd restart on wall 7 after 16 counts**

Good Luck & enjoy!