

Bread On The Table

COPPER KNOB
STEPSHETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - March 2013
音樂: Bread On the Table - Exile



Start after 32 count intro on verse vocal – [2 mins 42 secs – 178 bpm]

[1-8] R/L heel together, R/L stomp together, R toe fan

1-4 Touch R heel forward, step R together, touch L heel forward, step L together
5-8 Stomp R together, stomp L together, fan R toes out, in (weight on R)

WALL 2 RESTART: During wall 2 facing back wall, you will complete first 8 counts and begin dance again facing back wall (weight on L)

[9-16] L toe fan 2 X, R toe fan, R heel, R hook

1-4 Fan L toes out, in, out, in (weight on L)
5-8 Fan R toes out, in (weight on L) touch R heel forward, hook R across L

WALL 5 TAG/RESTART: During wall 5 facing back wall, you will complete first 16 counts.

Add the following 2 count Tag:

1-2 Touch R heel forward, hook R across L and begin dance again facing back wall.

[17-24] R/L fwd lock steps

1-4 Step R forward, lock L behind R, step R forward, brush L forward
5-8 Step L forward, lock R behind L, step L forward, brush R forward

[25-32] R fwd, ¼ L pivot turn, R cross step, hold, grapevine L 4

1-4 Step R forward, pivot ¼ left, cross step R over L, hold (9 o'clock)
5-8 Step L side, cross step R behind L, step L side, cross step R over L

[33-40] L rumba box forward

1-4 Step L side, step R together, step L forward, hold
5-8 Step R side, step L together, step R back, hold

[41-48] ¼ L box, R cross rock/recover, R side/hold

1-4 Turning ¼ left step L side, step R together, step L forward, hold (6 o'clock)
5-8 Cross rock R over L, recover weight on L, step R side, hold

[49-56] L cross rock/recover/ ¼ L/hold, R fwd, ¼ L pivot turn, R cross step, hold

1-4 Cross rock L over R, recover weight on R, turning ¼ left step L forward, hold (3 o'clock)
5-8 Step R forward, pivot ¼ left, cross step R over L, hold (12 o'clock)

[57-64] L side rock/recover, L forward, R fwd, ½ L pivot turn, run fwd 2

1-4 Rock L side, recover weight on R, step L forward, hold
5-8 Step R forward, pivot ½ left, run forward R, L (6 o'clock)

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