

Spread Your Wings

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Dan Albro (USA) - May 2013
音樂: Get to Me - Lady A



**** For: Mishnock & Friends Mexican Dance Vacation, (May 2013) ****

Intro: 16 count intro.

[1-8] FWD ROCK, REPLACE, SHUFFLE BACK, ROCK BACK, REPLACE, SHUFFLE FWD

1,2,3&4 Rock fwd L, replace weight on R, step back on L, step R next to L, step back L
5,6,7&8 Rock back R, replace weight on L, step fwd R, step L next to R, step fwd R

[9-16] CROSS ROCK, REPLACE, SHUFFLE SIDE, CROSS OVER, ½ TURN BACK, SHUFFLE SIDE

1,2,3&4 Cross rock L over R, replace weight on R, step side L, step R next to L, step side L
5,6 Cross step R over L, turn ¼ right stepping back on L (9:00)
7&8 Turn ¼ right stepping side R (6:00), step L next to R, step side R

[17-24] CROSS ROCK, REPLACE, SHUFFLE SIDE, ¼ TURN BACK, SHUFFLE FWD

1,2,3&4 Cross rock L over R, replace weight on R, step side L, step R next to L, step side L
5,6 Cross step R over L, turn ¼ right stepping back on L (9:00)
7&8 Turn ¼ right stepping side R (12:00), step L next to R, turn ¼ right stepping fwd R (3:00)

[25-32] FWD ROCK, REPLACE, LOCK SHUFFLE BACK, LOCK SHUFFLE BACK, COASTER STEP

1,2,3&4 Rock fwd L, replace weight back on R, step back L, lock R in front of L, step back L
5&6,7&8 Step back R, lock L in front of R, step back R, step back L, step R next to L, step fwd L

[33-40] STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, PADDLE ½ TURN TOUCHES

1,2,3 Step fwd crossing R in front of L, touch L toe side, step fwd crossing L in front of R
4,5,6 Touch R toe side, step fwd crossing R in front of L, touch L toe side
&7&8 Turn ¼ right on ball of R, touch L toe side, turn ¼ right on ball of R, touch L toe side

[41-48] SAILOR SHUFFLE, SYNCOPATED WEAVE, SIDE ROCK, REPLACE, SYNCOPATED WEAVE

1&2 Cross L behind R, rock side R, replace weight on L
3&4,5,6 Cross R behind L, step side L, cross R over L, rock side L, replace weight on R
7&8 Cross L behind R, step side R, cross L over R

[49-56] SIDE ROCK, REPLACE, BACK ROCK, REPLACE, FWD ROCK, REPLACE, SHUFFLE ½ TURN

1,2,3,4,5 Rock side R, replace weight on L, rock back R, replace weight on L, rock fwd R
6,7&8 Replace weight on L, turn ¼ right stepping side R, step L next to R, turn ¼ right stepping fwd R

[57-64] FWD ROCK, REPLACE, COASTER STEP, STEP, ½ PIVOT, SHUFFLE FWD

1,2,3&4 Rock fwd L, replace weight on R, step back L, step R next to L, step fwd L
5,6,7&8 Step fwd R, pivot ½ left weight on L, step fwd R, step L next to R, step fwd R

Contact: 200 Mishnock Road, West Greenwich, RI 02817 - mishnockbarn.com mishnockbarn@gmail.com