

# Sweet Inspiration

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Jo Kinser (UK) & John Kinser (UK) - May 2013  
音樂: Sweet Inspiration - The Derek Trucks Band : (iTunes)



Start 16 counts in on the verse (0.26). (111 bpm)

Alternative: Own This Club by Marvin Priest.

## [1-8] Walk Fwd, Shuffle Step, Rock Step, Coaster Step

1,2            Walk fwd Rt, Lt  
3&4           Step Rt fwd, Step Lt next to Rt, Step Rt fwd  
5,6            Rock Lt fwd, Replace weight Rt  
7&8            Step Lt back, Step Rt next to Lt, Step Lt fwd

## [9-16] Rock Step, 3/4 Turn, Sailor Step, Behind & Cross

1,2            Rock Rt fwd, Replace weight Lt  
3,4            Make 1/2 turn Rt stepping Rt fwd (6:00), Make 1/4 turn Rt stepping Lt to Lt (9:00)  
5&6           Step Rt behind Lt, Step Lt to Lt, Step Rt to Rt  
7&8            Step Lt behind Lt, Step Rt to Rt, Step Lt across Rt

## [17-24] Side Rock, Crossing Shuffle, Rock 1/4 Turn, Step 1/2 Turn

1,2            Rock Rt to Rt, Replace weight Lt  
3&4            Step Rt across Lt, Step Lt to Lt, Step Rt across Lt  
5,6            Rock Lt to Lt, Make 1/4 turn Rt stepping Rt fwd (12:00)  
7,8            Step Lt fwd, Make 1/2 turn Rt stepping Rt fwd (6:00)

## [25-32] Step, Kick, & Cross, Side, Touch, Kick, & Cross, 1/4 Turn

1,2            Step Lt fwd, Kick Rt fwd diagonally Rt  
&3,4           Step ball of Rt slightly back, Cross Lt over Rt, Step Rt to Rt  
5,6            Touch Lt next to Rt, Kick Lt fwd diagonally Lt  
&7,8           Step ball of Lt slightly back, Cross Rt over Lt, Make 1/4 turn Rt stepping Lt back (9:00)

Happy Dancing.

Tag: At the end of Wall 4 and Wall 8 (12:00) add the following 4 counts:

1-2            Walk Fwd Rt 1), Walk Fwd Lt 2),  
3&4            Kick Rt low Fwd, Step Rt next to Lt, Step Lt Fwd 3&4 (kickball change).

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