

Sitting On Go

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Caroline Cooper (UK) & Marie Sørensen (TUR) - October 2013
音樂: Sittin' On Go - Bryan White : (Album: Between Now And Forever - iTunes - 3.06)



INTRO: 24 Counts (Slow beats)

OUT IN OUT, BEHIND, SIDE, CROSS, OUT IN OUT, BEHIND, SIDE, CROSS

1&2 Touch right out, touch next to left, touch right out
3&4 Step right behind left, step left to left side, cross right over left
5&6 Touch left out, touch next to right, touch left out
7&8 Step left behind right, step right to right side, cross left over right (12:00)

DIAGONAL FORWARD TOE STRUTS, DIAGONAL BACK TOE STRUTS, BEHIND, SIDE 1/4, TOE HEEL CROSS

1&2& Step ball of right foot diagonally forward, drop right heel, step ball of left foot diagonally, forward, drop left heel (claps or finger clicks optional)
3&4& Step ball of right foot diagonally back, drop right heel, step ball of left foot diagonally back, drop left heel (claps or finger clicks optional)
5&6 Step right to right side, step left behind right, 1/4 turn right stepping right forward
7&8 Touch left toe to right instep, tap left heel forward, cross left over right (03:00)

Restart the dance at this point during wall 2 and wall 4, facing 12:00

CHASSE RIGHT, BACK ROCK RECOVER, SIDE, SYNCOPATED REVERSED WEAVE, 1/4 HITCH

1&2 Step right to right side, close left next to right, step right to right side
3&4 Back rock left behind right, recover weight right, step left to left side
5&6& Cross right behind left, step left to left side, cross right over left, step left to left side
7&8& Cross right behind left, step left to left side, cross right over left, 1/4 turn right hitching left knee (12:00)

LEFT SHUFFLE FORWARD, RIGHT MAMBO, SHUFFLE HALF LEFT, STEP 1/4 TOUCH

1&2 Step forward left, bring right next to left, step forward left
3&4 Step forward right, bring left next to right, step back right
5&6 1/2 left stepping forward left, bring right up to left, step forward left (06:00)
7-8& Step forward right, 1/4 turn left, touch right next to left (03:00)

CHASSE RIGHT, BACK ROCK, RECOVER, 1/2 TURN, COASTER STEP, STEP 1/2 TURN

1&2 Step right to right side, step left next to right, step right to right side
3&4 Back rock left, recover, 1/2 turn right, step back on left ((09.00)
5&6 Step back on right, step left next to right, step fwd. on right
7&8 Step fwd. on left, 1/2 turn right, step fwd. on left (03:00)

STEP, TAP, BACK, KICK, COASTER STEP, STEP, TAP, BACK, KICK, COASTER STEP

1&2& Step fwd. right, tap left toe behind right, step back on left, kick right fwd.
3&4 Step back on right, step left next to right, step fwd. on right
5&6& Step fwd. on left, tap right toe behind left, step back on right, kick left fwd.
7&8 Step back on left, step right next to left, step fwd. on left (03:00)

MAMBO 1/2 TURN RIGHT, MAMBO 1/4 TURN LEFT, SYNCOPATED JAZZ BOX, CROSS, SIDE, TOUCH, SIDE, TOUCH

1&2 Rock fwd. right, recover, 1/2 turn right, step fwd. right (09:00)
3&4 Rock fwd, left, recover, 1/4 turn left, step left to left side
5&6& Cross right over left, step back on left, step right to right side, cross left over right

7&8& Step right to right side, touch left beside right, step left to left side, touch right beside left
(06:00)

SYNCOPATED WAUDEVILLE, SYNCOPATED JAZZ BOX ¼ TURN RIGHT, CROSS, SIDE, TOGETHER

1&2& Step right to right side, tap left toe diagonal fwd. left, step left to center, step right next to left

3&4& Step left to left side, tap right toe diagonal fwd. right, step right next to left, step left next to right

5&6& Cross right over left, step back on left, ¼ turn right, step right to right side, cross left over right

7&8& Step right to right side, touch left beside right, step left to left side, touch right beside left
(09:00)

RESTART: During wall 2 and 4 – Restart the dance after 16 Counts, both times you are facing the front wall

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