

Hard, Deep and Through

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Rafel Corbí (ES) - October 2013
音樂: Try Hard, Dig Deep, Break Through - The Lennerockers : (Album: Rustin' and Rollin')



TRIPLE STEPS FORWARD

1-2 Step forward with R, lock L behind R (in R diagonal)
3-4 Step forward with R, hold
5-6 Step forward with L (in left diagonal), lock R beside L
7-8 Step forward with L, hold

MONTEREY TURNS

9-10 Touch R to right side, do a 1/2 turn right and bring R beside L
11-12 Touch L to left side, L beside R
13-14 Touch R to right side, do a 1/2 turn right and bring R beside L
15-16 Touch L to left side, L beside R

KICKS FORWARD ROCK & RECOVER, FORWARD, TOUCH, BACK, TOUCH

17-18 Kick R forward two times (in R diagonal)
19-20 Rock R back, recover weight to L
21-22 Step forward with R, touch L beside R
23-24 Step back with L, touch R beside L

TURNING TOE STRUTS TO RIGHT (1 1/4 TURN)

25-26 Do a 1/4 turn right and step forward with R toe, bring R heel down 3:00
27-28 Do a 1/2 turn right and step back with L toe, bring L heel down 9:00
29-30 Do a 1/2 turn right and step forward with R toe, bring R heel down 3:00
31-32 Step back (in place) with L toe, bring L heel down

COASTER STEP, STEP, TURN, STEP FORWARD

33-34 Step R back, L beside R,
35-36 Step R forward, hold
37-38 Step L forward, turn 1/2 to R
39-40 Step L forward, hold 9:00

FULL TURN LEFT, COASTER STEP

41-42 Half turn left and step R back, half turn left and step L forward
43-44 Step R forward, hold 9:00
45-46 Step L back, R beside L
47-48 Step L forward, hold Start again!

Contact: ballscountry@gmail.com