

Country Meyras (P)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 0 級數: Intermediate 2S - Partner / Circle
編舞者: Linda Sansoucy (CAN) - February 2014
音樂: Help Me Make It Through the Night - Melba Montgomery



Position: Closed

Intro: 16

MAN'S STEPS

RUMBA BOX FORWARD

1-2 Step left side, step right together
3-4 Step left forward, hold
5-6 Step right side, step left together
7-8 Step right back, hold

MAMBO BACK, HOLD, STEP FORWARD, STEP FORWARD, STEP FORWARD, HOLD

1-2 Rock left back, recover to right
3-4 Step left forward, hold
The lady moves to the right of the man in Wrap Position
5-6 Step right forward, step left forward
7-8 Step right forward, hold

STEP LOCK STEP FORWARD, HOLD, STEP FORWARD, STEP FORWARD, STEP FORWARD, HOLD

1-2 Step left forward, cross right over
3-4 Step left forward, hold
Partners raise their arms when the lady turns to finish in Side-By-Side Position
5-6 Step right forward, step left forward
7-8 Step right forward, hold

STEP LOCK STEP FORWARD, HOLD, STEP FORWARD, STEP FORWARD, STEP FORWARD, HOLD

1-2 Step left forward, lock right behind
3-4 Step left forward, hold
The lady goes under the left arm of the man and in front in Closed Position
5 Step right forward
6-7-8 Step left forward, step right forward, hold

SCISSOR STEP, HOLD, STEP SIDE, TOGETHER, FORWARD STEP ¼ TURN, HOLD

1-2 Step left side, lock right behind
3-4 Cross left over, hold
5-6 Step right side, step left together
7-8 Turn ¼ right and step right forward, hold (OLOD)

Left walk position

½ TURN, STEP FORWARD, HOLD, ROCK FORWARD, IN PLACE, SIDE STEP ¼ TURN, HOLD

Partners release hands
1-2 Step left forward, turn ½ right (weight to right) (ILOD)
3-4 Step left forward, hold

Right walk position

5-6 Rock right forward, recover to left
7-8 Turn ¼ right and step right forward, hold (LOD)

Partners release hands. The man's left hand takes the lady's right hand. Partners are face-to-face

MAMBO BACK, HOLD, MAMBO FORWARD, HOLD

The lady goes under the left arm of the man

1-2 Rock left back, recover to right

3-4 Step left forward, hold

Closed position

5-6 Rock right forward, recover to left

7-8 Step right back, hold

MAMBO BACK, HOLD, STEP FORWARD, STEP FORWARD, STEP FORWARD, HOLD

1-2 Rock left back, recover to right

3-4 Step left forward, hold

5-6 Step right forward, step left

REPEAT

LADY'S STEPS

RUMBA BOX BACK

1-2 Step right side, step left together

3-4 Step right back, hold

5-6 Step left side, step right together

7-8 Step left forward, hold

MAMBO FORWARD, HOLD, SIDE STEP TURN ¼ LEFT, TOGETHER, FORWARD STEP TURN ¼ LEFT, HOLD

1-2 Rock right forward, recover to left

3-4 Step right back, hold

The lady moves to the right of the man in Wrap Position

5-6 Turn ¼ left and step left forward (LOD), step right together

7-8 Turn ¼ left and step left forward, hold

STEP LOCK STEP FORWARD, HOLD, STEP BACK ½ TURN, STEP FORWARD ½ TURN, STEP FORWARD, HOLD

1-2 Step right forward, lock left behind

3-4 Step right forward, hold

Partners raise their arms when the lady turns to finish in Side-By-Side Position

5-6 Turn ½ right and step left back, turn ½ right and step right forward (LOD)

7-8 Step left forward, hold

STEP LOCK STEP FORWARD, HOLD, STEP BACK ½ TURN, STEP BACK, STEP BACK, HOLD

1-2 Step right forward, lock left behind

3-4 Step right forward, hold

The lady goes under the left arm of the man and in front in Closed Position

5 Turn ½ right and step left back (RLOD)

6-7-8 Step right back, step left back, hold

SCISSOR STEP, HOLD, STEP SIDE, TOGETHER, FORWARD STEP ¼ TURN, HOLD

1-2 Step right side, step left together

3-4 Cross right over, hold

5-6 Step left side, step right together

7-8 Turn ¼ left and step left forward, hold (OLOD)

Left walk position

½ TURN, STEP FORWARD, HOLD, ROCK FORWARD, IN PLACE, SIDE STEP ¼ TURN, HOLD

Partners release hands

1-2 Step right forward, turn ½ left (weight to left) (ILOD)

3-4 Step right forward, hold

Right walk position

5-6 Step left forward, step right together

7-8 Turn $\frac{1}{4}$ left and step left forward, hold (RLOD)

Partners release hands. The man's left hand supports the lady's right hand. Partners are face-to-face

$\frac{1}{2}$ TURN, HOLD, STEP BACK TURN $\frac{1}{2}$ LEFT, HOLD, MAMBO BACK, HOLD

The lady goes under the left arm of the man

1-2 Step right forward, turn $\frac{1}{2}$ left (weight to left) (LOD)

3-4 Turn $\frac{1}{2}$ left and step right back, hold (RLOD)

Closed Position

5-6 Step left back, step right together

7-8 Step left forward, hold

MAMBO FORWARD, HOLD, STEP BACK, STEP BACK, STEP BACK, HOLD

1-2 Rock right forward, recover to left

3-4 Step right back, hold

5-6 Step left back, step right back

7-8 Step left back, hold

REPEAT

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