

Summer and Sun

COPPER KNOB
STEPPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Tine Hildisch (NOR) - March 2019

Music: Ankerpils by Pianomannen Glenn



Start dance after intro 32 counts
(Music Available on iTunes)

Alt. Music: All I Want To Do Is Make Love To You by Heart. En solskinnsdag by Postgirobygget.

SIDE ROCK – BEHIND – SIDE – CROSS- WALK – WALK-ANCHOR STEP

- 1-2 Step RF out to righth – recover on to left (You can to a heel grind for stayling)
- 3&4 Step RF behind left – step LF left – step RF over left
- 5-6 Step LF forward- step RF forward
- 7&8 step back on LF – recover to RF- recover on to LF

SWEEP BACK X2 – SAILOR ½ TURN- WALK-WALK- SHUFFLE FORWARD

- 1-2 Step back on RF – sweep LF from front to back – step LF –sweep RF from Front to back
- 3&4 Step RF back while turning ½ righth –step LF next to RF- step RF forward
- 5-6 Step LF forward – step RF forward
- 7&8 Step LF forward – step RF together – Step LF forward

ROCK STEP-SHUFFLE ½ TURN-ROCK STEP SHUFFLE ¼ turn

- 1-2 Step forward on RF – recover on to LF
- 3&4 Step on to RF while you turn ¼ Righth -step LF next to RF – step RF while you Turn ¼ right
- 5-6 Step LF forward – recover on to RF
- 7&8 Step on to LF while you turn ½ left – step RF next to LF- step on to LF while Turn ¼ left

SIDE ROCK – BEHIND-SIDE-CROSS-POINT & POINT & HEEL & TOUCH

- 1-2 Step RF to righth – recover to LF
 - 3&4 Step RF behind LF – step LF to side – cross RF over LF
 - 5&6& point LF to side – step LF next to RF – point RF to side – step RF next to LF
 - 7&8 Touch left heel forward –step LF next to RF – Touch RF next to LF
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