

San-Quentin

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Jennifer Miller (USA) & Alicia Goffus (USA) - January 2023

Musique: San Quentin - Nickelback : (Album: Get Rollin' - iTunes)



Intro: (Start on vocals)

Weight starts on right foot

STEP FORWARD, STOMP (X2), HEEL JACK, TOGETHER (X2)

1-4 Step L forward (1), stomp R next to L (2), step L next to R (3), stomp R next to L (weight stays on L) (4)

&5&6 Step R back (&), touch L heel forward (5), step down on L (&), bring R next to L (6)

&7&8 Step back L (&), touch R heel forward (7), step down on R (&), bring L next to R (8)

Tag here during wall 5

STEP SIDE, BEHIND, BALL-HEEL, BALLCROSS (X2)

1,2 Step R to R (1), step L behind R (2)

&3&4 Step R back (&), touch L heel diagonally (3), step L next to R (&), cross R over L (4)

5,6 Step L to L side (5), step R behind (6)

&7&8 Step L back (&), touch R heel diagonally (7), step R next to L (&), cross L over R (8)

¼ HIP ROLL RIGHT, SHUFFLE FORWARD, ½ PIVOT RIGHT

1-4 Roll hips ¼ turn to right (1-4)

5&6 Step R forward (5), step L next to R (&), step R forward (6)

7,8 Step L forward (7), ½ turn pivot R(8)

SHUFFLE FORWARD, FULL TURN, ROCK, RECOVER, COASTER STEP

1&2 Step L forward (1), step R next to L (&), step L forward (2)

3,4 ½ turn L & step back on R (3), ½ turn L & step L forward (4)

5,6 Rock R forward (5), recover weight on L (6)

7&8 Step R back (7), step L back (&), step R forward (8)

Contact: Millerj5172013@aol.com