

Dance With Me

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Hailey Quirk (USA) - April 2015
音乐: Shut Up and Dance - WALK THE MOON



Start dance on vocals- 8 counts from start of track

BALL CHANGE, WALK, L SHUFFLE, STEP, ½ TURN, L CROSS BEHIND

- & 1, 2 Step R on ball of foot, step L (ball change), step forward on R
- 3 & 4 Step forward on L, step R next to L, step forward on L
- 5, 6 Step forward on R, pivot ½ turn to left
- 7, 8 Step forward with R while making ¼ turn to the left (3:00), cross L behind R

¼ TURN, BACKWARD TRAVELING HEEL KICKS (x4), OUT-OUT, STEP LEFT (OPTIONAL), FREESTYLE

- & 1, & 2 Make a ¼ turn left (12:00) as you step with R, put left heel forward, step backwards with L, put R heel forward
- & 3, & 4 Step backwards with R, put L heel forward, Step backwards with L, put R heel forward
- & 5, 6 Step R out to the right, step L out to the left, bring R in step next to L
(optional, or start freestyle on count 6 after out-out)
- 7, 8 Freestyle!! Make it your own- silly, crazy, whatever!

STEP R, CROSS L BEHIND R, RIGHT SIDE SHUFFLE WITH ¼ TURN, STEP L, PIVOT ½ TURN TO R, SHUFFLE WITH ½ TURN R

- 1, 2 Step right with R, cross L behind R
- 3 & 4 Step right with R, step L next to R, step right with R turning foot ¼ turn to R
- 5, 6 step forward with L (3:00), pivot ½ turn to right (9:00)
- 7 & 8 ¼ turn to right as you step with L (12:00), step R next to L, ¼ turn right and step back with L (3:00)*

*Option: replace counts 7 & 8 with a full turn to the right on 3 counts (L, R, L)

ROCK RECOVER, FULL TURN LEFT, R POINT TO SIDE, L POINT TO SIDE, R POINT TO FRONT, HOLD/ 2 CLAPS

- 1, 2 Step backward on R, rock forward and recover onto L
- 3, 4 Cross R over L while pivoting ½ turn to left (9:00), step down on R, pivot ½ turn to left (3:00), step L next to R
- 5 & 6 Point R toe out to right side, step R next to L, point L toe out to left side
- & 7 & 8 Step L next to R, point R toe out in front, hold and 2 claps

Contact: haileyquirk@gmail.com

Last Update – 11th June 2015