

# Dessert

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 1      级数: Phrased Intermediate - Funky  
编舞者: Kitija Vāvere (LAT) - March 2016  
音乐: Dessert - Dawin



Sequence: AAB A AA BBA

## PART A - 32 counts

**A1: KICK, STEP, TOUCH, STEP, HEEL TURN, JUMP, KICK, HOLD, HEAD MOVEMENT, SHOULDER HIT**

- 1            RF□ Kick forward
- &           RF□ Step in place
- 2           LF□ Touch to L
- 3           LF□ Kick forward
- &           LF□ Step in place,
- 4           RF □ Step to R,
- &           Turn RF toes out and LF □□□ heel in
- 5           Turn both feet back in place
- &           RF□ Jump to R, kicking LF to L (R □□ arm hit to right – like catching □□ something)
- 6           LF□ Step next to RF (bring R arm □□ back)
- 7           Turn head to L
- 8           Hit shoulder up, snap fingers

**A2: STEP, TOUCH, STEP, TOUCH, STEP TOUCH DIAGONALLY BACK x4**

- 9           RF□ Step to R
- 10          LF □ Touch behind RF
- 11          LF□ Step to L
- 12          RF□ Touch behind LF
- 13          RF□□ Step diagonally back
- &           LF□□ Touch next to RF
- 14          LF□ Step diagonally back
- &           RF□ Touch next to LF
- 15          RF□ Step diagonally back
- &           LF□ Touch next RF
- 16          LF□ Step diagonally back

**A3: TOUCH, HEEL TWIST, STEP, TURN ¼ L, STEP, LOW BODY ROLL, ROCK STEP ¼ R, STEP ¼ R**

- 17          RF□ Touch forward (R arm bring □□□ forward with palm down)
- &           RF□ Twist heel out (Turn palm □□□ same direction like heel)
- 18          RF□ Twist heel in (Palm movement □□ follows heel movement)
- 19          RF□ Step on RF, making circle □□□ with shoulders, turn ¼ L
- 20          LF□ Step together
- 21          LF□ Step forward, make low□□□ body roll
- 22          RF□ Step back, end body roll and□□ bring body straight up
- 23          LF□ Step forward
- &           RF□ Step R ¼ to R (12:00)
- 24          LF□ Step L ¼ (3:00)

**A4: STEP, HITCH, STEP HITCH, WALK 1/8, WALK 1/8, OUT OUT, BEND KNEES, BODY MOVEMENT, TOE, HEEL, TOE, JUMP**

- 25          RF□ Step forward
- &           LF□ Hitch
- 26          LF□ Step back

& RF□ Hitch  
 27 RF□ Step forward 1/8 to L  
 & LF□ Step forward 1/8 to L (12:00)  
 28 RF□ Step R bending knee  
 & LF Step L bending knee  
 29 Bring body R  
 30 Bring body L  
 31 Bring both feet toes in  
 & Bring both heels in  
 32 Jump both feet together, hands lift up

#### **PART B – 32 counts**

##### **B1: STEP DIAGONALLY, KICK ¼, STEP, FLICK, TOUCH 1/8, BODY MOVEMENT, JUMP TOGETHER, TOUCH BACK 3X, HAND MOVEMENT, WEIGHT CHANGE**

1 RF□□Step diagonally R (1:30)  
 & LF□Kick ¼ L (10:30)  
 2 LF□Step forward (10:30), flick RF □back  
 & RF □Touch 1/8 R (12:00 )  
 3 Slowly bending both knees  
 4 Movement goes down (bending knees more), make circle with shoulders (counter □□clockwise)  
 & Jump both feet together, hands hit up making X shape  
 5 LF □Touch back, open hands and□□□bring lower  
 & LF□Touch a bit further backward, □□□bring arms shoulder height  
 6 LF□Step back further, hit arms □□□down  
 7 Make R arm wave in front of □□□body  
 8 Make R arm wave in front of □□□body  
 & Lean body forward, bring weight on RF, kick LF back, open both arms side

##### **B2: KICK, CROSS, STEP, KICK, WALK ¼ L, STEP BACK x2, FAST STEP BACK x4**

9 LF□Step back,RF□kick forward  
 & RF□Cross over LF  
 10 LF□Step back, kick RF forward  
 11 RF□Step 1/8 L (bringing knees in)  
 & LF□Step 1/8 forward (bring knees □□out) (9:00)  
 12 RF□Step R (knees in)  
 13 RF□Step back, hit R arm in front of □□body  
 14 LF□Step back, hit L arm in front of □□body  
 15 RF□Step back, L arm goes to R shoulder and R arm Goes to L shoulder ( making X)  
 & LF□Step back, L arm to L shoulder, □□R arm to R shoulder  
 16 RF□Step back, both hands lift up  
 & LF□Step back, both hands hit □□□down

##### **B3: STEP, HITCH X3, STEP ¼ L, TOUCH, ROCK STEP DIAGONALLY, STEP, HITCH, ROCK STEP DIAGONALLY, TOUCH ¼ L**

17 RF□ Step to R  
 & LF□ Hitch  
 18 LF□ Step to L  
 & RF □ Hitch  
 19 RF□ Step to R  
 & LF□ Hitch  
 20 LF□ Step ¼ L (6:00)  
 & RF□ Touch next to L  
 21 RF□ Step diagonally forward (7:30)

& LF□ Step back  
 22 RF□ Step diagonally forward  
 & LF □ Hitch ¼ L (5:30)  
 23 LF□ Step diagonally forward □□□(5:30)  
 & RF□ Step back  
 24 LF□ Step diagonally forward  
 & RF□ Touch next to LF 1/8 L ( 3:00)

**B4: STEP, HITCH X3, STEP ¼ L, TOUCH, ROCK STEP DIAGONALLY, HITCH ¼, ROCK STEP DIAGONALLY, SLIDE, TOUCH**

25 RF□ Step to R  
 & LF□ Hitch  
 26 LF□ Step to L  
 & RF □ Hitch  
 27 RF□ Step to R  
 & LF□ Hitch  
 28 LF□ Step ¼ L (12:00)  
 & RF□ Touch next to L  
 29 RF□ Step diagonally forward (1:30)  
 & LF□ Step back  
 30 RF□ Step diagonally forward  
 & LF □ Hitch ¼ L (11:30)  
 31 LF□ Big step to L  
 32 RF□ Touch next to LF

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