

Bless My Soul

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jan Brookfield (UK) - May 2017
音乐: In My World - Lindsey Buckingham & Christine McVie



(Start after 14 seconds /32 beats)

Alternative music : "Spinning Wheels" by Pete Boddis 120 BPM (start on vocals)
Also: "Your Tattoo" by Sammy Kershaw

Section 1 : (SIDE, CLOSE, FORWARD, TOUCH) x 2

1,2,3,4 Step R to right side, close L to R, step R forward, touch L next to R
5,6,7,8 Step L to left side, close R to L, step L forward, touch R next to L

Section 2 : BACK TRACK FOR 8 COUNTS (STEP DIAGONALLY BACK, TOUCH) x 4

9,10 Step R diagonally back, touch L next to R
11,12 Step L diagonally back, touch R next to L
13,14 Step R diagonally back, touch L next to R
15,16 Step L diagonally back, touch R next to L

Section 3 : SWAY x 2, STEP ¼ TURN, HOLD / CLAP, STEP ¼ TURN, HOLD /CLAP, STOMP x 2

17,18 Rock R out to right side swaying hips, recover weight on L swaying hips out to left
19,20 Making a quarter turn right step R forward, hold & optional clap or click
21,22 Making another quarter turn right step L to left side, hold & optional clap or click
23,24 Stomp R in place, stomp L in place (6 o'clock)

Section 4 : SCISSORS STEP, TOE STRUT ACROSS, TOE STRUT ¼ TURN, STEP ½ PIVOT TURN

25,26 Step R to right side, close L to R;
27,28 R toe strut across in front of L (toes down first, then heel)
29,30 L toe strut forward making a quarter turn left (toes down first, then heel)

(NB. This feels like less than 1/4 , more like an 1/8 , because you are already angled slightly left because of the R toe strut going across in front of L)

31,32 Step R forward, pivot half turn over left shoulder, weight now on L (9 o'clock)

KEEP IT GOING!