

Written in The Sand

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Tracy Patterson (USA) - September 2017
音乐: Written in the Sand - Old Dominion



Start dance on lyrics

Forward Mambo, Back Mambo, Heel Grind, Coaster Step

1&2 R forward mambo
3&4 L back mambo
5-6 R ¼ heel grind to 3 (O'Clock)
7&8 R coaster step

Weave, ½ Turn, ½ Turn, Sway, Sway

1&2& L foot L, R behind, L foot to the side, cross R in front of L
3&4& Step L ¼ turn (12 O'Clock), step R forward, ¼ pivot L, cross R over L (9 O'clock)
5-6 ¼ turn R stepping back on L, ¼ turn right, stepping R foot forward
7-8 Sway L, Sway R

Shuffle Back, Step Unwind, Side Mambo, Side Mambo Touch

1&2 Shuffle back L,R,L
3-4 Step R toe behind and unwind to the right
5&6 L side mambo
7&8 R side mambo touch (weight remains on L)

Triple ½, Rock Recover, Rock Recover, Coaster Step

1&2 Triple ½ to the right R,L,R
3-4 Rock forward on L, recover on R
5-6 Rock L to the left, recover on R
7&8 Left Coaster Step

TAG: *2 Count Tag on Wall 3 after first 6 counts, rock back on R, recover on L, Restart dance.

Contact: tpatterso12@yahoo.com