

Win It Back

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hayley Wheatley (UK) - September 2017
音乐: OK (feat. James Blunt) - Robin Schulz : (iTunes)



Count In: 16 Counts

S1: ROCK FORWARD, RECOVER, ROCK FORWARD , RECOVER, STEP BACK, TOUCH, KICK BALL CHANGE

1-2 Rock fwd onto LF, Recover onto RF 12:00
&3-4 Step LF beside RF, Rock fwd onto RF, Recover onto LF 12:00
5-6 Step back onto RF, Touch L toe beside RF 12:00
7&8 Kick LF fwd, Step back onto LF, Step onto RF 12:00

S2: DOROTHY STEP, STEP, SWEEP, CROSS STEP, BACK STEP, STEP ¼ TURN, STEP FORWARD

1-2 & Step fwd onto LF, Lock RF behind LF, Step fwd onto LF 12:00
3-4 Step fwd onto RF, Sweep LF around front to back 12:00
5-6 Cross Lf over RF, Step back onto RF 12:00
7-8 Step fwd on LF making ¼ turn L, Step fwd onto RF 9:00

S3: ROCK FORWARD, RECOVER, SHUFFLE ½ TURN, OUT, OUT, SWIVEL TOES, SWIVEL HEEL, HEEL TWIST

1-2 Rock fwd on LF, Recover onto RF 9:00
3&4 Shuffle ½ turn L stepping L,R,L 3:00
&5 Step out on RF, Step out on LF 3:00
6-7-8 Keeping weight on L toes swivel L heel to L, taking weight onto L heel swivel L toes to L, leaving weight on LF and R toes lift R heel up and swivel R heel in 3:00

S4: STEP ¼ TURN, CLOSE, SHUFFLE, STEP FORWARD, PIVOT ½ TURN, ½ TURN, ¼ TURN

1-2 Step fwd on RF making 1/4 turn R, Close LF beside RF 6:00
3&4 Shuffle fwd R,L,R 6:00
5-6 Step fwd on LF, Pivot ½ turn R 12:00
7-8 Make ½ turn R stepping back onto LF, Make ¼ turn R stepping RF to R side 9:00

Easy Alternative: If you prefer not to turn on the last counts, replace counts 28-32 with the following:

5-6 Rock fwd on LF, recover onto RF
7-8 Step back onto LF, Step RF to R side making ¼ turn R

Start Again!