

It's All About The 3 Steps

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Beginner
编舞者: José Miguel Belloque Vane (NL) & Roy Verdonk (NL) - March 2019
音乐: 3 Steps (Rap Radio Version) (feat. Tyrielle & Broken English) - Loni Gamble



Intro : 40 counts

Restart in wall 4 after 24 counts (facing 6.00)

S1 Walks Forward (R,L,R), Heel Touch Forward, Walks Backward (L,R, L), Touch R Next to L

1-2-3-4 Rf walk forward, Lf walk forward, RF walk forward, Lf touch heel forward

5-6-7-8 Lf walk back, Rf walk back, Lf walk back, Rf touch next to Lf

S2 Hip Sways With Hitch (2X)

1-2-3-4 Rf step right swaying hips right, sway left, sway right, Lf hitch

5-6-7-8 repeat starting with Lf

S3 Walks Forward (R,L,R), Heel Touch Forward, Walks Backward (L,R, L), Touch R Next to L

1-2-3-4 Rf walk forward, Lf walk forward, RF walk forward, Lf touch heel forward

5-6-7-8 Lf walk back, Rf walk back, Lf walk back, Rf touch next to Lf

(*restart dance here in wall 4 facing 6.00)

S4 Hip Sways With Hitch (2X)

1-2-3-4 Rf step right swaying hips right, sway left, sway right, Lf hitch

5-6-7-8 repeat starting with Lf

S5 Step, Touch, Full Turn L, Slide R

1-2-3-4 Rf step, Lf touch together, make 1/4 turn left stepping Lf forward (9.00), make 1/2 turn left stepping RF back (3.00)

5-6-7-8 make 1/4 turn stepping Lf left (12.00), RF touch together, Rf slide right, Lf drag together

S6 Kick/ Ball/ Change, Rocking Chair, 1/2 Turn R

1&2 Lf kick forward, Lf step together(&), Rf step in place

3-4 Lf rock forward, recover onto R

5-6 Lf rock back, recover onto RF

7-8 Lf step forward, make 1/2 turn right stepping Rf forward (6.00)

S7 Walks Forward (L,R L) , Heel Touch Forward, Walks Backward (R,L,R), Touch L Next to R

1-2-3-4 Lf walk forward, Rf walk forward, Lf walk forward, Rf touch heel forward

5-6-7-8 Rf walk back, Lf walk back, Rf walk back, Lf touch next to Rf

S8 Step Touches In Diagonal (4x)

1-2 Lf step diagonal forward left, Rf touch next to Lf

3-4 RF step diagonal forward right, Lf touch next to Rf

5-6 Lf step diagonal back left, RF touch next to Lf

7-8 RF step diagonal back right, Lf touch next to Rf

S9 Vine L With 1/2 Turn L, Vine R With Touch

1-2-3-4 Lf step left, RF cross behind Lf, make 1/4 turn left stepping Lf forward (3.00), make 1/4 turn left brushing RF next to Lf (12.00)

5-6-7-8 RF step right, Lf cross behind RF, RF step right, Lf touch next to RF

S10 Vine L With 1/2 Turn L, Vine R With Touch

- 1-2-3-4 Lf step left, RF cross behind Lf, make 1/4 turn left stepping Lf forward (9.00), make 1/4 turn left brushing RF next to Lf (6.00)
- 5-6-7-8 RF step right, Lf cross behind RF, RF step right, Lf touch next to RF

S11 Monterey 1/4 Turn L (2X)

- 1-2-3-4 Lf point toes left, make 1/4 turn left stepping Lf next to RF, RF point toes right, RF step together (3.00)
- 5-6-7-8 Lf point toes left, make 1/4 turn left stepping Lf next to RF, RF point toes right, RF step together (12.00)

S12 Heel Touches Forward L/R, Step Forward L, 1/2 Turn R With Heel Bounces

- 1-2-3-4 Lf touch heel forward, Lf step together , RF touch heel forward, Rf step together
- 5-6-7-8 Lf step forward, Bf (both feet) bounce heels 3 times whilst making 1/2 turn right (6.00)

Last Update – 11 April 2019
