

My Cup Runneth Over

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Improver waltz
编舞者: Lusiana Maemunah (INA) - March 2020
音乐: Olympic Standard Orchestra – My Cup Runneth Over



#3 Tag at the end of wall 1,2 & 3

SEC #1: BOX STEP

1-3 Step R forward, Step L to side, Step R next to L
4-6 Step L back, Step R to side, Step L next to R

SEC #2: ¼ LEFT JAZZ BOX, FULL TURN LEFT

1-3 Cross R over L, Make ¼ R turn step L back, Step R next to L
4-6 Step L forward, Make ½ L turn step R back, Make ½ L turn step L forward

SEC #3: CROSS ROCK, HOLD, RECOVER, TURN ¼ RIGHT FORWARD, FORWARD, TURN ½ LEFT BACK

1-3 Cross R rock R over L, Hold, Recover on L
4-6 Make ¼ R turn step R forward, Step L forward, Make ½ L turn step R back

SEC #4: BACKWARD, TURN ¼ LEFT BACK, TURN ¼ LEFT FORWARD, FORWARD, BRUSH/KICK, BACKWARD

1-3 Step L back, Make ¼ L turn step R back, Make ¼ L turn step L forward
4-6 Step R forward, Brush L forward, Step L back

SEC #5: TOUCH OUTSIDE, HOLD, HOLD, TURN BODY TO THE LEFT

1-3 Touch R outside R for 3 counts
4-6 Turn your body slowly to L for 3 counts R toe still touching

SEC #6: TURN ¼ RIGHT BACK, TOGETHER, FORWARD, FORWARD, FORWARD, FORWARD SHUFFLE

1-2&3 Make ¼ R turn step R back, Step L next to R, Step R forward, Step L forward
4-5&6 Step R forward, Step L forward, Step R beside L, Step L forward

SEC #7: WHISK, CROSS OVER, TURN ¼ LEFT BACK, BACK LOCK SHUFFLE

1-3 Step R forward, Step L to side, Cross R behind L
4-5&6 Cross L over R, Make ¼ L turn step R back, Cross L over R, Step R back

SEC #8: BACKWARD, TURN ¼ LEFT, FORWARD, FORWARD, TURN ¼ RIGHT SIDE, TOGETHER

1-3 Step L back, Make ¼ L turn step R beside L, Step L forward
4-6 Step R forward, Make ¼ R turn step L to side, Step R next to L

Enjoy the dance!

TAG (6 Counts)

1-3 Step R to side, Touch L beside R, Hold
4-6 Step L to side, Touch R beside L, Hold

For further questions about this dance please contact : gieprod@yahoo.com