

Blue Stew

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Barry Watson (UK) - December 2024
音乐: Blues Stew - Kenny Neal



Sailor R, Sailor L, Sailor R, Sailor Cross ¼ Turn R

1&2 Step R behind left. Step L to left side. Step R in place.
3&4 Step L behind right. Step R to right side. Step L in place.
5&6 Step R behind left. Step L to left side. Step R in place.
7&8 Step L behind right. Step R to right side. Cross L over right turning ¼ turn R

Rock Step, Slide, L Coaster Step, R ½ Pivot Turn

9-10 Step forward on R. Rock weight back onto left.
11-12 Take large step back on R. Slide L back to meet right.
13&14 Step L back. Step R next to left. Step L forward
15-16 Step forward on R. Pivot ½ turn L, taking weight onto L foot.

Side Switches, Kick-Ball-Side Combo

17&18 Touch R to right side. Step R in place. Touch L to left side.
19&20 Kick L forward. Step L in place. Touch R to right side
& Step R in place
21&22 Touch L to left side. Step L in place. Touch R to right side.
23&24 Kick R forward. Step R in place. Touch L to left side

L Sailor Cross, Side Rock, Cross, Full Unwind, Slide

25&26 Cross L behind right. Step R to right side. Cross L over right.
27-28 Step R out to right side. Rock weight back over L.
29-30 Cross R over left. Unwind full turn L allowing L to cross over R.
31-32 Large step L out to L side. Slide R up to meet left.
