

Sweet Love

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Improver
编舞者: Shuanta Porter (USA) - January 2025
音乐: Sweet Love - Anita Baker



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, and making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music. The dance starts 32 counts in.

LINDY RIGHT, ROCK BACK RECOVER, LINDY LEFT, ROCK BACK RECOVER

1&2 3 4 Shuffle to the right, recover,
5&6 7 8 shuffle to the left, rock back recover

ROCKS, TWO STEP HALF RIGHT TURNS

1 2 3 4 Rock right, rock left, turn to right walking on right left to face 6:00
5 6 7 8 Repeat steps 1-4 to face front

CHA CHAS UP, ROCK RECOVER, CHA CHAS BACK, ROCK RECOVER

1&2 3 4 Shuffle up right, left, right, rock up on left, recover on right
5&6 7 8 Shuffle back left, right, left, rock back on right, recover on left

LEFT BALLROOM TURN UP, RIGHT BALLROOM RETURN TO START AT 12:00

1&2 3 4 Do half turn left shuffling right, left, right, rock back on left, recover on right to face 6:00
5&6 7 8 Do half turn right shuffling left, right, left, rock back on right, recover on left to face 12:00

THE FOOTWORK

1&2&3&4 Walk up on right, left, touch/tap right toe next to left, step on right, left, tap right, tap right out
5 – 8 Repeat steps 1-4 above

THREE SAILOR STEPS GOING BACK, SAILOR QUARTER TURN LEFT

1&2 3&4 Right sailor step going back, left sailor step going back
5&6 7&8 Right sailor step going back, left sailor step completing a quarter turn left to face 9:00

REPEAT SAILOR STEP PATTERN STARTING AT 9:00 ENDING AT 6:00

START DANCE OVER ENDING AT 12:00

START DANCE OVER ENDING AT 6:00

REPEAT THE FOOTWORK AND SAILOR STEP PATTERNS TWICE

START DANCE OVER FROM BEGINNING

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com