

Between the Sheets

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: T-Will (USA) - February 2025
音乐: Between the Sheets - The Isley Brothers



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, 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.

SHUFFLE DIAGONALS UP, STEP BACK, SLIDE, REPEAT

1&2 3 4 Shuffle up diagonally RLR, step back on left, slide right back to left
5&6 7 8 Shuffle up diagonally RLR, step back on left, slide right back to left
9&10 11 12 Shuffle up LRL, step back on right, slide left back to right
13 14 15 16 Shuffle up LRL, step back on right, slide left back to right

SALSAS UP,BACK, SIDE, SIDE

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

ROCKING CHAIR, SLOW QUARTER PADDLES & HIP ROLLS LEFT

1&2 3&4 Rock up on right, recover left, rock back on right, recover left
5 6 7 8 Step on right to do slow sexy paddle quarter turn steps and hip rolls to left RLRL

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