

Steppin' Again

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Lana Harvey Wilson (USA)
音乐: One Foot In Front of the Other - Lee Roy Parnell



FORWARD, HOLD, FORWARD, HOLD, BACK COASTER, SCUFF

- 1-2 Step left directly in front of right, hold
- 3-4 Step right directly in front of left, hold
- 5-6 Step back on left, step right next to left
- 7-8 Step forward on left, scuff right forward

FORWARD LOCK, SCUFF, SLOW ½ PIVOT

- 9-10 Step forward on right, step left forward and to outside of right
- 11-12 Step forward on right, scuff left forward
- 13-14 Step forward on left, hold
- 15-16 Pivot ½ right weight ending on right, hold

SIDE, HOLD, RECOVER, BEHIND, SIDE, FRONT CROSS, SIDE ROCK, ¼ TURN

- 17-18 Rock left to left, hold
- 19-20 Recover on right, step left behind right
- 21-22 Step right to right to right, cross step left over right
- 23-24 Step right to right, recover on left turning ¼ left

HEEL TOE STRUTS, STEP-CLOSE-STEP, ½ PIVOT/HOOK

- 25-26 Touch right heel forward, drop right toe taking weight
- 27-28 Touch left heel forward, drop left toe taking weight
- 29-30 Step forward on right, slide/step left next to right
- 31-32 Step forward on right, pivot ½ left hooking left foot over right leg

REPEAT

RESTART

On 5th pattern, starting on front wall, there is a 16 count instrumental pattern. Dance the first 16 count through slow ½ pivot and restart on back (6:00 wall) as the singing resumes