

Syncopated Swing

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate/Advanced
编舞者: Pete Burdack (USA)
音乐: This Is How a Heart Breaks - Rob Thomas



WALK WALK, POINT BALL CROSS, SWEEP LEG, POINT BALL CROSS

- 1-2 Weight on right walk back left then back right
- 3&4 Point left foot to the left, bring left foot slightly in and cross right over left
- 5-6 Sweep left foot from behind around directly in front without weight
- &7&8 Rock back on right, point left foot forward with little weight, bring left slightly in with weight and cross right over left while quarter turning to the right

TURN STEP, COASTER STEP, SIDE BEHIND, SLIDE BALL CROSS

- 1-2 Step left with left while quarter turning to the right then step back on the right
- 3&4 Step back on the left, together with the right, step forward on the left
- 5-6 Step forward with a quarter turn with the right foot, step left foot behind right
- 7&8 Push off left foot and slide on right, step left ball behind right, and cross right foot over left

SIDE ROCK, BEHIND AND IN FRONT, SLIDE, CROSS HALF TURN

- 1-2 Step left foot to the left rocking weight and then replace weight back on right
- 3&4 Step left behind right, step side right, step left in front of right
- 5-6 Push off left foot and do a two count slide on the right foot
- &7-8 Step left foot behind right, crossing right over left, unwind ½ turn over left shoulder, keeping weight on the right

SAILOR STEP, SAILOR STEP, KICK BALL CROSS, ROCK TURN

- 1&2 Step left foot behind right, step side to the right with right, step to the left with left
- 3&4 Step right foot behind left, step side to the left with left, step to the right with right
- 5&6 Kick left foot forward, place weight on ball of left, cross right foot over left
- 7-8 Step left foot to the left and left quarter turn while placing weight back on right

REPEAT
