

Trust Yourself

COPPER KNOB
STEPSHEETS

拍数: 52 墙数: 0 级数:
编舞者: Sylvia Priestley (UK)
音乐: Trust Yourself - Carlene Carter



STEP SCUFFS, SHUFFLE

- 1-2 Left step forward, scuff right forward
- 3-4 Right step forward, scuff left forward
- 5-6 Left step forward, scuff right forward
- 7&8 Right step forward, slide left up to heel of right, right step forward

STEP, PIVOT, ROCK STEPS

- 9-10 Left step forward, pivot ½ turn right
- 11-12 Left step forward, rock back onto right
- 13-14 Left step back, rock forward onto right

STEP SCUFFS, SHUFFLE

- 15-16 Left step forward, scuff right forward
- 17-18 Right step forward, scuff left forward
- 19-20 Left step forward, scuff right forward
- 21&22 Right step forward, slide left up to heel of right, right step forward

STEP, PIVOT, ROCK STEPS

- 23-24 Left step forward, pivot ½ turn right
- 25-26 Left step forward, rock back onto right
- 27-28 Left step back, rock forward onto right

LEFT, TOGETHER, LEFT, TOGETHER, HEEL SPLITS, TOE SPLITS

- 29-30 Step left to left, right step beside left
- 31-32 Step left to left, right step beside left
- 33-34 On balls of both feet- heels out, heels in placing weight back onto whole of both feet
- 35-36 Weight on heels -toes out, toes in placing weight back onto whole of both feet

RIGHT, TOGETHER, RIGHT, TOGETHER, HEEL SPLITS, TOE SPLITS

- 37-38 Step right to right, left step beside right
- 39-40 Step right to right, left step beside right
- 41-42 On balls of both feet- heels out, heels in placing weight back onto whole of both feet
- 43-44 Weight on heels -toes out, toes in placing weight back onto whole of both feet

FORWARD, HITCH, BACK, TOGETHER, FORWARD, HITCH, BACK, ¼ TURN STOMP

- 45-46 Left step forward, hitch right
- 47-48 Right step back, left step beside right
- 49-50 Right step forward, hitch left
- 51-52 Left step back, stomp right while turning ¼ right

REPEAT