

Bond Age

COPPER KNOB
STEPSHEETS

拍数: 48
编舞者: John Dembiec (USA)
音乐: Shine - BOND

墙数: 2

级数: Intermediate



STEP, KICK, STEP, BUMPS WITH ½ TURN, KICK, STEP, ROCK

- 1-2 Step left forward, kick right forward
- 3-4& Step right back, bump left hip making ¼ turn right, bump right hip
- 5-6 Bump left hip making ¼ turn right, kick right forward
- 7-8& Step right back, rock left back, replace to right

STEPS FORWARD, LOCKING SHUFFLE, ½ TURN, ROCK

- 1-2 Step left forward, step right forward
- 3-4& Lock left behind right, step right forward, lock left forward
- 5-6 Step right forward, pivot ½ turn right stepping back on left
- 7-8 Rock back on right, replace to left

¼ TURN, ½ PADDLE TURN, CROSS SHUFFLE, ½ PADDLE TURN

- 1-2& Step right to right with ¼ turn right, pivot ¼ turn right touching left to left, hitch left next to right
- 3-4& Pivot ¼ turn right touching left to left, cross left over right, step right to right
- 5-6& Cross left over right, touch right to right, hitch right next to left
- 7&8 Pivot ¼ turn left touching right to right, hitch right next to left, pivot ¼ turn left touch right to right

CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, ¼ & ½ TURN SWEEP

- 1-2 Cross rock right over left, replace to left
- 3&4 Step right to right, step left next to right, step right to right
- 5-6 Cross rock left over right, replace to right
- 7-8 Step left to left with ¼ turn left, turn ½ to left sweeping right over left

STEPS, ½ TURN SHUFFLE, STEP, ½ PIVOT, FULL TURN TRIPLE

- 1-2 Step down on to right, step back on left
- 3&4 Turn ¼ right stepping right to right, step left next to right, turn ¼ right stepping right forward
- 5-6 Step left forward, pivot ½ turn right
- 7&8 ½ turn right stepping back on left, ½ turn right stepping forward on right, step left next to right

SIDE ROCK CROSSES, SAILORS

- 1&2 Side rock right to right, replace to left, cross right over left
- 3&4 Side rock left to left, replace to right, cross left over right
- 5&6& Side rock right to right, replace to left, step right behind left, step left to left
- 7&8 Step right next to left, step left behind right, step right next to left

REPEAT

After 5th wall, facing back wall, hold, music stops for 4 counts. Start again.