

Hey Now

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数:
编舞者: Doug Miranda (USA) & Jackie Miranda (USA)
音乐: What Dreams Are Made Of - Hilary Duff



CROSS, SIDE, SAILOR STEP INTO RIGHT ¼ TURN, STEP FORWARD, ½ TURN LEFT, ¾ TURN LEFT TRIPLE STEP

- 1-2 Cross right over left, step left to left side
- 3&4 Step right behind left, step left to left side as you begin to angle to right, step right into ¼ turn right
- 5-6 Step forward on left, make a ½ turn left as you step back on right
- 7&8 Make a ¾ turn left as you triple left, right, left

ROCK FORWARD, RECOVER BACK, STEP LOCK BACK, ROCK BACK, STEP FORWARD, FULL TURN RIGHT TRIPLE STEP FORWARD

- 1-2 Rock forward on right, recover back on left
- 3&4 Step lock back by stepping back right, cross left over right, step back on right
- 5-6 Rock back on left, step forward on right
- 7&8 Make a full turn right traveling forward by making a ¼ turn right on left, turn ¼ turn right stepping back on right, turn ½ turn right stepping forward on left

SIDE ROCK, RECOVER, CROSS SHUFFLE, ½ TURN RIGHT, CROSS SHUFFLE

- 1-2 Rock right to right side, recover on left
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 Turn a ¼ turn right as you step back on left, turn ¼ turn right as you step right to right side
- 7&8 Cross left over right, step right to right side, cross left over right

SIDE ROCKS RIGHT AND LEFT, CROSS UNWIND ½ TURN LEFT

- 1-2 Rock right to right side, recover on left
- &3-4 Step right next to left, rock left to left side, recover on right
- &5-6 Step left next to right, rock right to right side, recover on left
- 7-8 Cross right over left, unwind a ½ turn left with weight ending on left

ROCK FORWARD, RECOVER BACK, STEP LOCK BACK, ROCK BACK, RECOVER FORWARD, STEP LOCK FORWARD

- 1-2 Rock forward on right, recover back on left
- 3&4 Step lock back by stepping back on right, cross left over right, step back on right
- 5-6 Rock back on left, step forward on right
- 7&8 Step lock forward by stepping forward on left, lock right behind left, step forward on left

STEP FORWARD HOLD, STEP FORWARD HOLD, ROCK FORWARD BACK, BACK COASTER STEP

- 1-2&3-4 Step forward on right, hold, step left next to right, step right forward, hold
- &5-6 Step left next to right, rock forward on right, recover back on left
- 7&8 Back right coaster step by stepping back on right, step left next to right, step forward on right

ROCK FORWARD, RECOVER BACK, ½ TURN LEFT WALK FORWARD, SIDE HOLDS

- 1-2 Rock left forward, recover back on right
- 3-4 Make a ½ turn left as you step forward left, step forward right
- 5-6 Step left to left side, hold
- &7-8 Step right next to left, step left to left side, hold

ROCK SIDE, RECOVER, CROSS SHUFFLE, ¾ TURN LEFT, SYNCOPATED HEELS

&1-2 Step right next to left, rock left to left side, recover on right
3&4 Cross shuffle to right side by crossing left over right, step right to right side, cross left over right
5-6 Turn ¼ left stepping back on right, turn ½ turn left stepping forward on left
7&8& Touch right heel forward, step right next to left, touch left heel forward, step left next to right
Get ready to begin again by crossing right over left

REPEAT

TAG

When facing the back wall, front wall, and 9:00 wall:

1-4 Walk forward right, left, right, left
5-8 Raise arms and push up to right as you step right slightly out to right, then to the left as you lean weight to left, then to the right leaning weight to the right, then to the left leaning weight to the left
