

The Remedy

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kelly Tattersall & Jason Gosling - June 2007
音乐: The Remedy - Jason Mraz



SCUFF HITCH STEP, TWIST & TWIST, BACK COASTER, CROSS ROCK RECOVER

1&2 Scuff right forward, hitch right knee, step right together
3&4 Swivel both heels right, swivel both heel to center, swivel both heels right
5&6 Step right back, step left together, step right forward
7&8 Cross/rock left over right, recover onto right, step left together

VINE LEFT, CROSS ROCK RECOVER, SCUFF-HITCH & STEP, TWIST & TWIST

1&2& Cross right over left, step left to side, cross right behind left, step left to side
3&4 Cross/rock right over left, recover onto left, step right together
5&6 Scuff left forward, hitch left knee, step left together
7&8 Swivel both heels to left, swivel both heels to center, swivel both heels left

COASTER STEP, TURN ½ STEP, LEFT LOCK, ROCK LEFT-RIGHT

1&2 Step left back, step right together, step left forward
3&4 Step right forward, turn ½ left (weight to left), step right forward
5&6 Step left forward, lock right behind left, step left forward
7-8 Step right to side, step left together

RIGHT SAILOR, LEFT SAILOR, ¾ UNWIND, HIP BUMPS

1&2 Cross right behind left, step left to side, step right to side
3&4 Cross left behind right, step right to side, step left to side
5-6 Cross right toe behind left, unwind ¾ right (weight to right)
7&8 Step left to side and sway hips left, right, left

CROSS ROCK & HEEL, TOUCH, HEEL, ROCK TURN ½, SCUFF, TURN ¼, STEP

1&2 Cross right over left, step left diagonally back, touch right heel diagonally forward
&3&4 Step right together, touch left toe together, step left diagonally back, touch right heel diagonally forward
&5&6 Step right together, step left forward, step right forward, turn ½ left (weight to left)
7&8 Scuff right forward, turn ¼ left, step right together

ROCK FORWARD, RECOVER, RIGHT SAILOR, TURN ½, TURN ¾, STEP

1&2 Rock left forward, recover onto right, step left together
3&4 Cross right behind left, step left to side, step right to side
5-6 Step left forward, turn ½ right (weight to right)
7&8 Step left forward, turn ¾ right (weight to right), step left to side

STAMP RIGHT, STAMP LEFT, HEEL-TOE-HEEL, ROCK FORWARD, RECOVER, 1 ½

1-2 Stomp right to side, stomp left to side
3&4 Twist right heel in, twist right toe in, twist right heel in (weight to right)
5-6 Rock left forward, recover onto right
7&8 Turn ½ left and step left forward, turn ½ left and step right back, turn ½ left and step left forward

ROCK FORWARD, RECOVER, 1 TURN ½S, ROCK FORWARD, RECOVER, TOGETHER, TURN ½ UNWIND

1-2 Rock right forward, recover onto left
3&4& Turn ½ right and step right forward, turn ½ right and step left back, turn ½ right and step right forward

5-6 Rock right forward, recover onto left
&7-8 Step right together, cross/touch left toe behind right, unwind ½ left (weight to left)

REPEAT

RESTART

Restart on wall 2 & 5 after 32 counts

Restart on wall 3 after 16 counts

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