

Makin It Hard For Me

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Nancy Morgan (USA) - August 2008
音乐: Too Close - Next : (CD: Rated Next)



Start: 32 Counts from when he starts singing

Or Music: One Step at a Time by Jordin Sparks, 102bpm, Start: 16 Counts from when she starts singing

Or Country Song: Chance of a Lifetime by Brooks and Dunn, CD: Cowboy Town, 102bpm, Start: When they start singing

Walk, Walk, Side Rock, Behind, Side, Cross, Step, Behind, Side

- 1,2 Walk forward - Right, Left
- 3,4 Side Rock Right to Right side and return weight to Left
- 5&6 Step Right behind Left, step Left to Left side, cross Right over Left
- 7 Step Left to Left side
- 8& Step Right behind Left, step Left to Left side

Touch, Touch To Side, ¼ Turn Touch To R, Step ¼ Turn To R, Kick And Kick And Rodae ¼ Turn To L

- 1 Touch Right next to Left
- 2 Touch Right out to Right side
- 3 Touch Right out to Right side as you turn ¼ turn to Right (yes, backwards)
- 4 Step Right next to Left ¼ turn to Right
- &5&6 With Knees locked in place – Kick Left forward, step Left next to Right, Kick Right forward, step Right next to Left
- 7,8 Drag Left toes in a semi circle as you turn ¼ turn to your Left, step Left next to Right

Hop Forward, Hop Back, Hop Forward, Turn Head To R And Back, Step Forward, Together, Twist R Heel Out And Back, Twist L Heel Out And Back

- &1 Hop Forward – Right, Left
- &2 Hop Back – Right-Left
- &3 Hop Forward – Right, Left
- &4 Turn Head to Right as you shrug your shoulders up, Turn head back to front as you let your shoulders drop back to normal
- 5,6 Walk Forward – Right, Left
- &7 Lift Right heel off of floor and twist ball of Right foot so that heel moves to the Right and back
- &8 Lift Left heel off of floor and twist ball of Left foot so that heel moves to the Left and back

Charleston Back, Step Forward, Shuffle Forward, ½ Turn Pivot, ¼ Turn Pivot

- &1 Get on both balls of feet, twist both heels out, as you step Right foot back twist both heels in
- &2 Twist both heel out, step forward on Right
- 3&4 Shuffle Forward – Left, Right, Left
- 5,6 Step forward Right, pivot ½ turn to Left
- 7,8 Step back on Right ½ turn to Left, step forward ½ turn to Left

Begin Again!

FOR “ONE STEP AT A TIME” ONLY: There is 2 restarts

At the 4th wall, do your FIRST 16 counts, then start again.

Count 5 MORE walls AFTER you have done the above restart, that will be your 2nd restart.

Dance 2 MORE walls and you are done!
