

Posted Proposal

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Jon Peppin (AUS) - July 2010
音乐: Post-It Note Proposal - Billy Bridge : (CD: Post It Note Proposal)



Start Position: Feet together - with weight on R foot.
Starts 24 counts in on vocals.

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| 1-3 | [1,2,3] Waltz forward - step L forward, step R beside L, step L beside R, |
| 4-6 | [4,5,6] Waltz back - step R back, step L beside R, step R beside L, |
| 7-9 | [1,2,3] Step L forward, turning 180 degrees L - step R beside L, step L beside R, |
| 10-12 | [4,5,6] Waltz back - step R back, step L beside R, step R beside L, |
| 13-15 | [1,2,3] Step L forward, touch R toe to R side, hold for one count, |
| 16-18 | [4,5,6] Step R forward, touch L toe to L side, hold for one count, |
| 19-21 | [1,2,3] Step L behind R, step/rock on ball of R to R side, rock/replace weight onto L, |
| 22-24 | [4,5,6] Step R behind L, step/rock on ball of L to L side, rock/replace weight onto R, ** |
- ****Note: On wall 6 - Restart dance here from the beginning******
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|-------|--|
| 25-27 | [1,2,3] Turning 90 degrees R - step L forward, step R beside L, step L beside R, |
| 28-30 | [4,5,6] Turning 90 degrees R - step R back, step L beside R, step R beside L, |
| 31-33 | [1,2,3] Turning 90 degrees R - step L forward, step R beside L, step L beside R, |
| 34-36 | [4,5,6] Turning 90 degrees R - step R back, step L beside R, step R beside L, |
| 37-39 | [1,2,3] Twinkle - step L over R, step/rock on ball of R to R side, rock/replace weight onto L, |
| 40-42 | [4,5,6] Step R over L, turn 90 degrees R - step L back, turn 90 degrees - R step R to R side, |
| 43-45 | [1,2,3] Twinkle - step L over R, step/rock on ball of R to R side, rock/replace weight onto L, |
| 46-48 | [4,5,6] Step R over L, turn 90 degrees R - step L back, turn 180 degrees R - step R forward. |

REPEAT DANCE IN NEW DIRECTION

Notes:

1. Restart - on wall 6 - Dance the first 24 counts then restart the dance from the beginning.
2. Last Wall / finish - The music disappears/slows - just dance through it and on the last three counts just turn 180 degrees instead of 270 degrees:
46-48 [4,5,6] Step R over L, turn 90 degrees R - step L back, turn 90 degrees R - step R forward.

As taught by the Travelling Cowboy. (Ph.0413.714725) - Email: travellingcowboy@dodo.com.au