

Listen Up

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate Waltz
编舞者: Karl Winson (UK) - September 2010
音乐: Listen Up - Hoku : (Album: Listen Up)



Intro: 48 Count.....Start on Vocals.....(BPM: 148)

1/2 turn twinkle Left. Basic waltz step back. Cross Side-rock. 1/2 turn twinkle Right.

- 1 – 3 Make 1/4 Left stepping Left forward. Make 1/4 Left stepping Right back. Step Left beside Right.
- 4 – 6 Step back on Right. Step Left beside Right. Step Right in place next to Left.
- 7 – 9 Cross Left over Right. Rock Right out to Right side. Recover weight onto Left.
- 10-12 Cross Right over Left. Make 1/4 Right stepping back on Left. Make 1/4 Right stepping Right to Right side. (12.00)

Step. Kicks X2. Back 1/2 turn-step. Step. Kicks X2. Back 1/4 turn. Cross. (Towards Diagonal)

- 1 – 3 Facing the Right corner (1.30) Step forward on the Left. Small kick with Right forward twice.
- 4 – 6 Step back on Right. 1/2 turn Left stepping Left forward. Step forward on Right.
- 7 – 9 Still Facing the corner (7.30) Step forward on the Left. Small Kick with Right forward twice.
- 10-12 Step back on Right. Make 1/4 Left stepping Left to Left side. Cross Right over Left. (3.00)

Side-Together-Cross. 1/2 turn Left. Side-Together-Cross. 3/4 turn Left.

- 1 – 3 Step Left to Left side. Step Right in place next to Left. Cross Left over Right.
- 4 – 6 Step back on Right making 1/4 Left. Make 1/4 Left stepping Left to Left side. Cross Right over Left.
- 7 – 9 Step Left to Left side. Step Right in place next to Left. Cross Left over Right.
- 10-12 Step back on Right making 1/4 Left. Make 1/2 Left Stepping Left forward. Step forward on Right. (12.00)

Restart here on Wall 3 facing back wall

Cross Point. Hold. Monterey full turn. Point. Left Sailor Step. Right Sailor 1/4 turn.

- 1 – 3 Cross Left over Right. Point Right to Right side. Hold.
- 4 – 6 Step Right in place next to Left making full turn Right. Point Left to Left side.
- 7 – 9 Cross Left behind Right. Step out on Right. Step out on Left.
- 10-12 Cross Right behind Left making 1/4 Right. Step Left beside Right. Step Right forward.

Enjoy!

www.karlwinsondance.co.uk
krazy_kark@hotmail.com