

I'm Still Here

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Michael Vera-Lobos (AUS) - October 2010
音乐: I'm Still Here - Mindy McCready : (Album: I'm Still Here)



16 Count Intro – Start On Vocals

[1 – 8&] WALK, SIDE ROCK & REPLACE, CROSS, ¼ L, & ½ L, ROCK FWD, ROCK BACK & ½ R, FULL SPIN FWD R, STEP FWD, LOCK BEHIND

- 1,2&3,4& Walk fwd R dragging L towards R, Side Rock L to L & Replace wt on R, Cross L over R, Turning ¼ L Step back on R & Turn a further ½ L on L (3:00)
5,6&7,8& Rock fwd R, Rock back L & Turn ½ R on R, Turn a full turn fwd R on L, Step fwd R, Lock L behind R (9:00)

[9 – 17] WALK, MAMBO FWD L, STEP BACK & ¼ L, CROSS, SIDE ROCK & REPLACE, CROSS, ¼ L & ½ L, ¼ L

- 1,2&3 Walk fwd R, dragging L, Rock fwd L & Rock back on R, Step back on L (9:00)
4&5 Step back on R & Turning ¼ L Step L to L side, Cross R over L (6:00)
6&7 Side Rock L to L & Replace wt on R, Cross L over R (6:00)
8&1 Turning ¼ L Step back on R & Turn a further ½ L on L, Turn a further ¼ L Ending with R to R side (6:00)

[18 – 24&] SAILOR L DRAG, BEHIND & ¼ L, ROCK FWD, ROCK BACK & ½ R, ROCK FWD L, ROCK BACK & ¼ L

- 2&3,4& Cross L behind R & Rock R to R, Replace wt on L dragging R towards L, Cross R behind L & Turn ¼ L on L (End facing 3:00)
5,6& Rock fwd on R, Rock back on L & Turn ½ R on R (9:00)
7,8& Rock fwd on L, Rock back on R & Turn ¼ L Ending with L to L side (6:00)

[25 – 32&] ¼ L SIDE DRAG, CROSS BEHIND & ¼ R, ½ R, ½ SAILOR R, FULL TRIPLE SPIN FWD L, STEP FWD & ¼ PIVOT L

- 1,2&3 Turning ¼ L End with R to R side dragging L towards R, Cross L behind R & Turn ¼ R on R, Turn a further ½ R Stepping back on L (12:00)
4&5 Sailor R turning ½ R Stepping R,L,R (6:00)
6&7,8& Full triple fwd L Stepping L,R,L (6:00), Step fwd R & Pivot ¼ L (3:00)

[33 – 40&] CROSS, DIAGONAL BACK & DIAGONAL BACK, CROSS, COASTER R, FULL SPIN FWD R, WALK FWD L, STEP FWD, ½ PIVOT L

- 1,2&3 Cross R over L, Step back Diagonal L on L & Step back Diagonal R on R, Cross L over R (3:00)
4&5 Step back on R & Step L beside R, Step fwd on R
6&7 Travel fwd – Turn ½ R stepping back on L, Turn a further ½ R Stepping fwd on R, Step fwd on L (3:00)
8& Step fwd on R & Pivot ½ L (End weight on L) (9:00)

[41 – 48&] WALK FWD, STEP FWD & ½ L, ¼ L, CROSS SAMBA FWD R, CROSS & ¼ L, ¼ L, FULL SPIN FWD L

- 1,2&3 Walk fwd R, Step fwd L & turn ½ L on R, Turn a further ¼ L on L (12:00)
4&5,6&7 Cross R over L & Rock L to L, Replace wt on R, Cross L over R & Turn ¼ L on R, Turn a further ¼ L Ending with L to L side (6:00)
8& Full Spin fwd L Stepping R then L

Restart: On Wall 5 dance to count 24 & - Then start again facing back Wall

