

American Land

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Judith Campbell (NZ) - March 2013
音乐: American Land - Bruce Springsteen : (Album: Wrecking Ball, - Special Edition - iTunes)



Intro: 16 counts

DANCE INTRO: Dance from counts 17 - 32 (do the 2 shuffles on the spot) omitting the ¼ Turn

[1 – 8] TWO DOROTHYS – SIDE BEHIND & CHANGE & CHANGE

1 2& Step fwd on R ft, lock L up behind, Step R next to L (&),
3 4& Step fwd on L ft, lock R up behind, Step L next to R (&),
5 6& Step R to RS, step L behind R, step R next to L (&)
7&8 Step L across R, step R to RS (&), step L behind R. (finish weight on L ft)

[9 – 12] ROCK FWD RECOVER BACK – 1/2 TURN R with TRIPLE RLR

1 2 3&4 Step/Rock R ft fwd, recover back onto L, triple step RLR (turning ½ to R) – (6:00)

[13 – 16] STEP TOGETHER – HEEL SPLITS (out in)

5 6 7 8 Big step to L side, close R next to L, swing both heels out, swing both heels back to centre

[17 – 24] HEEL DIG HITCH - TRIPLE ON SPOT RLR – TOUCH FWD SIDE – SAILOR

1 2 Step onto R heel lifting L ft UP into a hitch at the back (1), step L ft down (2)
3&4 Triple step on the spot RLR
5 6 7&8 Tap L ft fwd, tap L to L side, step L behind R, step R to R, step L in place (Sailor Step)

[25 – 32] TWO HALF PIVOTS – SHUFFLE FWD – 1/4 TURN HITCH – SHUFFLE

1 2 3 4 Step fwd on R ft, 1/2 Pivot to L, step fwd on R, 1/2 pivot to L
5&6 &7&8 Shuffle fwd on R ft (RLR), Hitch L knee up as you turning 1/4 R, shuffle fwd on L ft (9:00)

[32] Start the dance in new direction, Have Fun !!!!

I loved the DRUM beats in the Intro so decided to add a Dance Intro as an after thought - Enjoy

TAGS: Don't be put off with the tags there are a few but you can hear them and you do the 8 counts below

Tags at end of walls – 3, 4, 5, 7, 8

1 – 8 TAP R FRONT – TAP R TO R SIDE – SAILOR, TAP L FRONT – SIDE - SAILOR
1 2 3&4 Tap R ft fwd, tap R ft to RS, sailor step with R ft
5 6 7&8 Tap L ft fwd, tap L ft to LS, sailor step with L ft

Optional: You can do a full triple turn if you wish on the tags

The music is quite long so you could stop the dance earlier at: (3:31)

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