

Just Unlock Your Heart

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Easy Novice
编舞者: Sebastiaan Holtland (NL) - September 2014
音乐: Dreamgirl - Bouke : (New Single 2014)



#16 count intro, start dancing at (08 sec).

Sec 1: Fwd Rock, Recover, 3/4 Triple Turn L, Cross, Back, Side, Step.

1-2 Rock Lt fwd, Recover on Rt.
3&4 Triple 3/4 left (3) step Lf fwd, step Rf beside Lf, step Lf fwd.
5-8 Cross Rt over Lt, step Lt back, step Rt to the right, step Lt fwd.

Sec 2: Fwd Rock, Recover, 3/4 Triple Turn R, Fwd Rock, Recover, Back, Touch.

1-2 Rock Rt fwd, Recover on Lt.
3&4 Triple 3/4 left (12) step Rf fwd, step Lf beside Rf, step Rf fwd.
5-8 Rock Lt fwd, Recover on Rt, step Lt back, Touch Rt next to Lt.

Sec 3: Heel Grind 1/4 L, R Side Jump, Hold, L Side Jump, Hold, Out, Out.

1-2 Heel grind with Rt (toes from left to right) turn 1/4 right (3), step Lt back.
&3-4 Small jump to the right on Rt, touch Lt next to Rt, Hold.
&5-6 Small jump to the left on Lt, touch Rt next to Lf, Hold.
7-8 Step Rt out to right, step Lt out to left.

Sec 4: Step, Side, Sailor Turn 1/4 L, Fwd Rock, Recover, Back, Touch.

1-2 Step Rt fwd, step Lt to the left.
3&4 Step Rt behind Lt, turn 1/4 left (12) step Lt to the left, step Rt slightly fwd.
5-8 Rock Lt fwd, recover on Rt, step Lt back, touch Rt next to Lt.

Sec 5: Jump Both Feet Apart Fwd, Clap, Jump both Feet Apart fwd, Hold, Hip Sways R-L-R-L.

&1-2 Jump Both Feet Apart slightly fwd (&1), Clap.
&3-4 Jump Both Feet Apart slightly back (&3), Hold.
5-8 Hip sway R, hip sway L, hip sway R, hip sway L.

Sec 6: Side, Hold, Together, Half Sycopated Rumba Box R, Side, Hold, Together, Half Sycopated Rumba Box R.

1-2 Step Rt to the right, Hold.
&3&4 Step Lt next to Rt, step Rt to the right, step Lt next to Rt, step Rt slightly fwd.
5-6 Step Lt to the left, Hold.
&7&8 Step Rt next to Lt, step Lt to the left, step Rt next to Lt, step Lt slightly back.

Sec 7: Back Rock, Recover, 1/2 L, Back, 1/4 L, Side, Cross Rock, Recover, Side, Heel Flick L.

1-2 Rock Rt back, Recover on Lt.
3-4 Turn 1/4 left (6) step Rt back, turn 1/4 left (3) step Lt the left.
5-8 Cross rock Rt fwd, Recover on Lt, step Rt to the right, flick L heel up.

Sec 8: Step, 1/4 L, Back, 1/4 L, Side, Touch, Syncopated Side Rocks.

1-2 Step Lt fwd, turn 1/4 left (12) step Rt back.
3-4 Turn 1/4 left (9) step Lt to the left, Touch Rt next to Lt.
5-6 Rock Rt to the right, Recover on Lt.
&7-8 Step Rt next to Lt, rock Lt to the left, Recover on Rt.

Start Again!

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