

Perfect Harmony

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - February 2016
音樂: Sad Song (feat. Elena Coats) - We the Kings : (Album: Somewhere Somehow)



Start after 16 count intro (approx. 17 secs into song) – 3mins 46secs – 85bpm

Music available: Amazon as an Mp3 download

** Thanks to Michal for recommending the song!

[1-9] □ R fwd, L fwd, ½ R pivot turn, L fwd, ½ L, ½ L, R fwd, cross L over R, cross R over L, L fwd mambo with long step back

1,2&3 Step R forward, step L forward, pivot ½ right, step L forward (6 o'clock)

4&5 Turning ½ left step R back, turning ½ left step L forward, step R forward with style (prissy walk) (6 o'clock)

Alternative: Walk forward R/L/R

6-7 Cross step L forward over R, cross step R forward over L (prissy walks)

8&1 Rock L forward, recover weight on R; take a longer step back on L as you drag R to meet L

[10-17] □ R coaster cross, L side rock/recover, L behind-side-cross, ½ L hinge cross

2&3 Step R back, step L together, cross step R over L

4-5 Rock L side, recover weight on R (swaying hips L to R)

ENDING: Facing R side wall, to end facing forward on 6&7: behind, ¼ R, L fwd, HOLD

6&7 Cross step L behind R, step R side, cross step L over R

8&1 Turning ¼ left step R back, turning ¼ left step L side, cross step R over L (12 o'clock)

WALL 2, 4 & 6 RESTART: Dance first 16& counts and restart facing L SIDE (9 o'clock), BACK (6 o'clock), R SIDE (3 o'clock)

[18-25] □ L side rock/recover, L sailor, R behind -¼ L- R fwd, L fwd rock/recover, ¼ L side

2-3 Rock L side, recover weight on R (swaying hips L to R)

4&5 Cross step L behind R, step R side, step L side

6&7 Cross step R behind L, turning ¼ left step L forward, step R forward (9 o'clock)

8&1 Rock L forward, recover weight on R, turning ¼ left step L side (6 o'clock)

[26-32] □ R cross step, ½ R hinge cross, R side, ¼ L toaster, L full turn fwd

2,3&4 Cross step R over L, turning ¼ right step L back, turning ¼ right step R side, cross step L over R (12 o'clock)

5 Step R side

6&7 Turning ¼ left step L back, step R together, step L forward (9 o'clock)

8& Turning ½ left step R back, turning ½ left step L forward

Alternative: 8& □ Step R forward, step L forward

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