

The Pathway

COPPER KNOB
STEPSHEETS

拍數: 42 牆數: 2 級數: Intermediate
編舞者: Flat Guo (CN) & Yanzi Zhang (CN) - June 2016
音樂: The Pathway - Ninglin



Intro: 14 counts

Restart: on Wall 3 after 28 counts

(1-8)Lunge, Recover, Sailor cross, Side, 1/4 turn R and Wall forward R, L, Spiral Turn, Forward

1-2 Lunge R diagonal, Recover on L
3&4& Step R back, Step L to L, Cross R over L, Step L to L
5-6 1/4 turn R stepping R forward, Step L forward(3:00)
7&8 Step R forward, Spiral turn L, Step R forward(3:00)

(9-16)Turn R and L side, R side, Cross shuffle, R Mambo Cross, L Mambo Cross, Recover

1&2&3 1/4 turn R stepping L to L, Step R to R, Cross L over R, Step R together, Cross L over R
4&5 Rock R to R, Recover on L, Step R back
6&7-8 Rock L to L, Recover on R, Rock L cross behind over R, Recover on R

(17-25)Turn L and Anchor step, Rock, Recover, Turn and Forward, Triple turn L, Triple Turn L

1-2-3 1/8 turn L rocking L cross behind over R and bend R knee, Recover on R, Step L behind R(4:30)
4&5 Rock R forward, Recover on L, 3/8 turn R stepping R forward(9:00)
6&7 Step L forward, 1/4 turn L stepping R to R, 1/4 turn L stepping L to L(3:00)
8&1 Step R back, 1/4 turn L stepping L to L, 1/4 turn L stepping R forward(9:00)

(26-32)Rock, Recover, Back, Touch, Turn R, Sprial turn, Rock, Recover, back

2&3&4 Rock L forward, Recover on R, Step L back, Touch R behind L, 1/2 turn R
5-6 Step L forward, Spiral turn R stepping R forward
7&8 Rock L forward, Recover on R, Step L back

(33-40)Coaster step, Forward, Turn and Sweep, Cross, Recover, Side, Spiral turn L Touch

1&2 Step R back, Step L together, Step R forward
3-4 Step L forward, 1/4 turn L sweeping R back to front(6:00)
5&6 Cross R over L, Recover on L, 1/2 turn R stepping R to(12:00)
7-8& Step L forward, 1/4 turn L stepping R to R, 3/4 turn L stepping L to L(12:00)

(41-42)Cross unwind turn L

1-2 1/2 turn L stepping R cross over L(6:00), 1/2 turn L

Have fun!

Contact: 934997859@qq.com