

Sweet Soul Legacy

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Improver
編舞者: Hayley Wheatley (UK) - September 2016
音樂: Sweet Soul Legacy - Paul Carrack : (Album: Soul Shadows)



Music Available from Amazon and iTunes

Quick 4 count Intro!

S1: CROSS ROCK, RECOVER, BALL CROSS, SIDE, ROCK BEHIND, RECOVER, SIDE, TOUCH

- 1-2 Cross rock RF over LF, Recover onto LF □ 12:00
- &3-4 Step RF to R side, Cross step LF over RF, Step RF to R side □ 12:00
- 5-6 Rock LF behind RF, Recover onto RF □ 12:00
- 7-8 Step LF to L side, Touch R toe next to LF □ 12:00

S2: CHASSE ¼ TURN, STEP, PIVOT ¼ TURN, WEAVE RIGHT

- 1&2 Step RF to R side, Close LF beside RF, Step RF to R making ¼ turn R □ 3:00
- 3-4 Step Fwd onto LF, Pivot ¼ turn R □ 6:00
- 5-6 Cross LF over RF, Step RF to R side □ 6:00
- 7-8 Cross step LF behind RF, Step RF to R side □ 6:00

S3: CROSS ROCK, RECOVER, BALL CROSS, SIDE, ROCK BEHIND, RECOVER, SIDE, TOUCH

- 1-2 Cross rock LF over RF, Recover onto RF □ 6:00
- &3-4 Step LF to L side, Cross step RF over LF, Step LF to L side □ 6:00
- 5-6 Rock RF behind LF, Recover onto LF □ 6:00
- 7-8 Step RF to R side, Touch L toe next to RF □ 6:00

S4: CHASSE ¼ TURN, STEP, PIVOT ½ TURN, STEP BACK, TOGETHER, WALKS FORWARD

- 1&2 Step LF to L side, Close RF beside LF, Step LF to L making ¼ turn L □ 3:00
- 3-4 Step fwd onto RF, Pivot ½ turn L □ 9:00
- 5-6 Step back onto RF, Close LF beside RF □ 9:00
- 7-8 Walk fwd onto RF, Walk fwd onto LF □ 9:00

S5: CROSS, POINT, CROSS, POINT, JAZZBOX ¼ TURN WITH KNEE POP

- 1-2 Cross RF over LF, Point L toe out to L side □ 9:00
- 3-4 Cross LF over RF, Point R toe out to R side □ 9:00
- 5-6 Cross RF over LF, Step back onto LF □ 9:00
- 7-8 Step RF to R side making ¼ turn R, Touch LF next to RF while popping L knee inward (Keep weight on RF) □ 12:00

S6: KNEE POP, HOLD, HEEL, HOLD, STEP, PIVOT ½ TURN, WALKS FORWARD

- 1-2 Pop R knee inward (weight on LF), Hold □ 12:00
- &3-4 Step back onto RF, Tap L heel fwd, Hold □ 12:00
- &5-6 Step back onto LF, Step RF fwd, Pivot ½ turn L □ 6:00
- 7-8 Walk forward onto RF, Walk fwd onto LF □ 6:00

S7: KNEE POP, HOLD, KNEE POP, HOLD, HEEL SWITCHES, HOLD

- &1-2 Step back onto RF, Pop L knee inward, Hold, □ 6:00
- &3-4 Step back onto LF, Pop R knee inward, Hold □ 6:00
- &5&6 Step back onto RF, Tap L Heel fwd, Replace LF, Tap R heel fwd □ 6:00
- &7-8 Replace RF, Tap L Heel fwd, Hold □ 6:00

S8: SIDE ROCK, RECOVER, SAILOR STEPS MOVING BACKWARDS X3

- 1-2 Rock LF to L side, Recover onto RF □ 6:00

3&4 Step LF behind RF, Step RF to R side, Step LF to L side (moving slightly backwards) □ 6:00
5&6 Step RF behind LF, Step LF to L side, Step RF to R side (moving slightly backwards) □ 6:00
7&8 Step LF behind RF, Step RF to R side, Step LF to L side (moving slightly backwards) □ 6:00

Start Again!

Email: hcwheatley@live.com
