

For Real

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate +
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音樂: For Real - Joybird



Note: You start on 8 and not 1.

Intro: 15 counts from start.

Sequence: Repeating sequence.

Tag/Restart: A 7 count tag with restart after 25 counts in wall 3 and 6.

End: You finish by the end of section 5. End by twisting to 12 (1/4 L turn) and big finish.

SECTION 1: DIAG KICK-BALL-STEP, WALK X2, BACK-OUT-OUT, KNEE TWIST, ¼ SWIVEL TURN

8&1 Kick RF to R diagonal, Step RF back, Step LF slightly fwd
2-3 Step RF fwd, Step (rock) LF fwd
4&5 Step R ball backl, Step LF back and to L side, Step RF to R side
6-7 Twist R knee in, Swivel both heels L making a ¼ R turn (weight on LF) [03:00]

SECTION 2: KICK-BALL-STEP, STEP, ½ L PIVOT TURN, ½ L TURN

8&1 Kick RF fwd, Step RF next to LF, Step LF fwd
2-3 Step RF fwd, ½ L turn (weight on LF) [09:00]
4-5 ½ L turn stepping RF back, Long step LF back and start dragging R heel toward LF [03:00]
6&7 Keep dragging R heel toward LF, Step RF next to LF, Step LF fwd
8 Touch RF next to LF

SECTION 3: MODIFIED MONTEREY TURN, BALL-STEP-HOLD, BALL-STEP-TOUCH

1-2 Point RF to R side, ½ R turn stepping RF next to LF (Weight on RF) [09:00]
3&4 Point LF to L side, Step LF next to RF, Point RF to R side
&5 Step ball of R next to LF, Step LF to L side
6&7 HOLD, Step ball of R next to LF, Step LF to L side
8 Touch RF next to LF (Option: Clap your hands)

TAG HERE IN WALL 3 [09:00] AND WALL 6 [09:00]

SECTION 4: R ROLLING VINE, TWIST HEELS-TOES-HEELS

1-2-3 ¼ R turn stepping RF fwd, ½ R turn stepping LF back, ¼ R turn stepping RF to R side [09:00]
4-5-6-7-8 Step LF to L side, Twist feet L (heel-toes-heel) (end weight on LF), Hitch R knee

SECTION 5: STEP, CLAP X2, ½ L PIVOT, CLAP, SWIVEL WALKS

1-2& Step RF fwd (1), Clap (2), Clap (&) (Option: Lean body fwd while clapping)
3-4 ½ L turn (weight on LF) (3), Clap (4) [03:00]
5 Step R ball fwd with heel inwards and swivel heel outwards (Option: "Jazz hands" next to hips on walks)
6 Step L ball fwd with heel inwards and swivel heel outwards
7 Step R ball fwd with heel inwards and swivel heel outwards
8 Step L ball fwd with heel inwards and swivel heel outwards

SECTION 6: KICK-BALL-STEPS X2, JUMP-TOUCH-HOLD X2

1&2 Kick RF fwd, Step RF next to LF, step LF slightly fwd
3&4 Kick RF fwd, Step RF next to LF, step LF slightly fwd
&5-6 Jump RF slightly to R diagonal, Touch LF next to RF, Hold (Option: Swing your arms from L to R in front)
&7-8 Jump LF slightly to L diagonal, Touch RF next to LF, Hold (Option: Swing your arms from R to L in front)

SECTION 7: JUMP OUT-OUT-BACK, ROCK, RECOVER, STEP ½ R PIVOT, STEP ¼ R PIVOT

- &1-2 Jump RF slightly fwd to R diagonal, Step LF to L side, step RF back
- 3-4 Step (rock) LF back, Transfer weight onto RF
- 5-6 Step LF fwd, ½ R turn (weight on RF) [09:00]
- 7-8 Step LF fwd, ¼ R turn (weight on RF) [12:00]

SECTION 8: CROSS, ½ L TURN (¼, ¼), POINT-BALL-CROSS, BALL-CROSS

- 1-2-3 Cross LF over RF, ¼ L turn stepping RF back, ¼ L turn stepping LF to L side [06:00]
- 4&5 Point RF to R side, step R ball next to LF, Cross LF over RF
- 6&7 HOLD, Step R ball next to LF, Cross LF over RF (Option: In wall 4 you hold on all counts, 6&7)

Start again and enjoy!

TAG: R ROLLING ¼ VINE, SCUFF INTO JAZZ BOX

- 1-2-3 ¼ R turn stepping RF fwd, ½ R turn stepping LF back, ½ R turn stepping RF fwd
- 4-5 Scuff LF (4) across RF (5)
- 6-7 Step RF back, Step LF to L side

RESTART

Happy Dancing!

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