

She Is His Only Need 2023

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Improver
編舞者: Anna (INA) & Ida Tari (INA) - October 2023
音樂: She Is His Only Need - Wynonna



Starting dance - Intro music on vocal after 16 counts.

CHANGE STEP and Re-Start On Wall 4 after 20 counts (16c+4c).

SECTION I - BASIC NC - TURN - ROLLING FWD - PIVOT - ROLLING FWD - CROSS - SIDE - FWD WITH SWEEP

- 1 - 2 & 3 Step R long step to right side - Rock back on L - Recover on R - $\frac{1}{8}$ Turn left Step L forward (facing on 10.30)
4 & 5 $\frac{1}{2}$ Turn left Step R back (facing on 04.30) - $\frac{1}{2}$ Turn left Step L forward (facing on 10.30) - Step R forward
6 & 7 & Step L forward - $\frac{1}{2}$ Turn right Recover on R (facing on 04.30) - $\frac{1}{2}$ Turn right Step L back (facing on 10.30) - $\frac{1}{2}$ Turn right Step R forward (facing on 04.30)
8 & 1 Step L forward (still on facing on 04.30) - $\frac{1}{8}$ Turn right Recover on R (facing on 06.00) - Step L forward with sweeping on RF

SECTION II - CROSS - SCISSORS STEP - CROSS - SWAY (R-L) - LONG STEP - $\frac{1}{4}$ TURN L FWD - $\frac{1}{4}$ TURN L CLOSE - $\frac{1}{4}$ TURN L FWD WITH SWEEP - CROSS - SIDE - LUNGE

- 2 & 3 & Cross R over left - Step L to left side - Step R together - Cross L over right
4 & 5 Step R to right side with sway on (R-L) - Step R long step to right side
6 & 7 $\frac{1}{4}$ Turn left Step L forward (facing 03.00) - $\frac{1}{4}$ Turn left Close R together (facing on 12.00) - $\frac{1}{4}$ Turn left Step L forward with sweeping on RF (facing on 09.00)
8 & 1 Cross R over left - Step L to left side - Lunge R to right side

SECTION III - RECOVER - CLOSE - VOLTA $\frac{3}{4}$ TURN LEFT - CROSS - RECOVER - TURN $\frac{1}{2}$ RIGHT FWD - FWD MAMBO w/ SWEEP

- 2 & 3 & Recover on L - Step R close together - Turn $\frac{1}{4}$ left cross L over right (facing on 6.00) - Step on ball of R slightly behind L
4 & 5 Turn $\frac{1}{4}$ left Cross L over right (facing on 03.00) - Step on ball of R slightly behind L - Turn $\frac{1}{4}$ left cross L over right (facing on 12.00) as sweep R from back to front

=> CHANGE STEP after 4 count (Touch R beside left) and Restart again after 20 counts (On Wall 4 - facing on 03.00)

- 6 & 7 Cross R over left - Recover on L - Turn $\frac{1}{2}$ right Step R forward (facing on 06.00)
8 & 1 Step L forward - Recover on R - Step L backward as sweep right from front to back

SECTION IV - EXTENDED SAILOR (R-L) - BACKWARD w/ SWEEP - TURN $\frac{1}{4}$ LEFT COASTER STEP - FWD - PIVOT $\frac{1}{2}$ LEFT

- 2 & 3 & Cross R behind left - Step L to side - Step R in place - Cross L behind right
4 & 5 Step R to side - Step L in place - Step R backward as sweep L from front to back
6 & 7 $\frac{1}{4}$ Turn left Step L backward (facing on 03.00) - Close R together - Step L forward
8 & Step R forward - Turn $\frac{1}{2}$ left weight on L (facing on 09.00).

Thank you so much ☐

☐☐ Enjoy your dancing ☐☐

For more information about Step Sheets and Song, Please contact :
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