

Alt wie ein Baum

COPPERKNOB
STEPSHEETS

拍數: 71 牆數: 4 級數: Phrased Improver / Intermediate
編舞者: Katrin Hedrich (DE) - December 2024
音樂: Alt wie ein Baum (feat. Dieter Hertrampf) - Matthias Reim



Intro: 18 Counts, start on vocals

Sequence: A, A, B, A36, A, A, B, Tag, A

Part A – 40 Counts

[1 – 8]: Rocking chair, Chassé R, Back-Rock

1,2 Step RF forward, Recover on LF
3,4 Step RF bak, recover on LF
5&6 Step RF to right side, close LF beside RF, Step RF to right side
7,8 Step LF back, recover on RF

[9 – 16]: Chassé L, Back-Rock, Pivot-Turn ½ (2x)

1&2 Step LF to left side, close RF beside LF, Step LF to left side
3,4 Step RF back, recover on LF
5,6 Step RF forward, turn ½ to left while recover on LF (6:00)
7,8 Step RF forward, turn ½ to left while recover on LF (12:00)

[17 – 24]: Mambo-Step, Shuffel back, Coaster-Step, Shuffle forward

1&2 Step RF forward, recover on LF, close RF beside LF
3&4 Step RF back, close LF beside RF, Step RF back
5&6 Step LF bak, close RF beside LF, Step LF forward
7&8 Step RF forward, close LF beside RF, Step LF forward

[25 – 32]: V-Step with ½ Turn, 2x

1,2 Step RF out on right diagonal, Step LF out on left diagonal
3,4 Step RF back to centre by doing ½ Turn right, Step LF next to RF
5,6 Step RF out on right diagonal, Step LF out on left diagonal
7,8 Step RF back to centre by doing ½ Turn right, Step LF next to RF

[33 – 40]: Jazz-Box R with Scuff + ¼ Turn, Jazz-Triangle L, Stamp

1,2 Cross RF over LF, Step LF back
3,4 Step RF to right side by turning ¼ right (3:00), scuff LF across right

Restart here on Wall 4, by putting LF in Place instead of Scuff

5,6 Cross LF over RF, Step RF back
7,8 Step LF to left side, stamp RF next to LF

Part B – 31 Counts

[1 – 8]: Cross, Side, Behind, Side, Heel-Touch, Close, RL

1,2 Cross RF over LF, Step LF to left side
3&4& cross RF behind LF, Step LF to left, touch right heel forward, Step RF next to LF
5,6 Cross LF over RF, Step RF to right side
7&8& cross LF behind RF, Step RF to right, touch left heel forward, Step LF next to RF

[9 – 15]: Rock forward, Sailor-Step R, Sailor-Step L, Step forward R

1,2 Step RF forward, Recover on LF
3&4 Cross RF behind LF, Step LF to left side, Step RF to right side
5&6 Cross LF behind RF, Step RF to right side, Step LF to left side
7 Step Rf forward

[16 – 23]: Lock-Shuffle forward LR, V-Step L with ½ Turn

1&2	Step LF forward, Lock RF behind LF, Step LF forward
3&4	Step RF forward, Lock LF behind RF, Step RF forward
5,6	Step LF out on left diagonal, Step RF out on right diagonal
7,8	Step LF back to centre by doing ½ Turn left, Step RF next to LF

[24 – 31]: Lock-Shuffle forward LR, Jazz-Traingle L with ¼ Turn, Stamp

1&2	Step LF forward, Lock RF behind LF, Step LF forward
3&4	Step RF forward, Lock LF behind RF, Step RF forward
5,6	Cross LF over RF, Step RF back
7,8	Step LF to left side by turning ¼ left (9:00), stamp RF next to LF

Restart at Wall 4 after Count 38

Tag after Part B after Wall 7:

Shuffle RL forward

1&2	Step RF forward, Lock LF behind RF, Step RF forward
3&4	Step LF forward, Lock RF behind LF, Step LF forward

Ending: on Wall 8 after Count 28, instead of turning ½, turn ¾ to face at 12:00

Last Update: 9 Jan 2025
