

Alpenglow

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: High Improver
編舞者: GoWildWest Isabel (CH) - May 2025
音樂: St. Helens Alpenglow - Max McNown



Hold : 6 counts on 12.00 and then restart

S 1: Heel, Side Rock / Cross, Side Rock / Cross, ¼ / ¼ Chasse R

1&2 RF heel, LF left, weight on RF (12:00)
3,4& LF cross infront, RF rock right, weight on LF
5,6 RF cross infront, turn ¼ R and LF step back (3:00)
7&8 turn ¼ R and RF step right, LF close, RF step right (6:00)

S 2: Rock Recover diagonal / 7/8 Coaster Turn / Rock Recover Back Close

1, 2 LF rock R diagonal, weight on RF (7:00)
3&4 turn 7/8 L : LF back, RF close, LF fwd (9:00)
5,6,7,8 RF rock fwd, weight on LF, RF step back, LF close

S 3: Shuffle fwd / ½ Pivot / ½ Tripple Turn / ¼ Shuffle Turn

1&2 RF fwd, LF close, RF fwd (9:00)
3,4 LF fwd, RF turn ½ pivot R (3:00)
5&6 turn ½ R with: LF, RF, LF (9:00)
7&8 turn ¼ R: RF right, LF close, RF right (12:00)

S 4: Scuff & Touch & Close / Heel & Touch / Paddle Turn 5/8

1&2& diagonal R: LF scuff, weight on LF, RF touch behind, RF close (1:00)
3&4 LF heel, weight on LF, RF touch
5,6 RF step fwd, turn ¼ L & give weight on LF (11:00)
7,8 RF step fwd, turn 3/8 L & give weight on LF (6:00)