

Pour One Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2
編舞者: Steve Brain (UK) - May 2025
音樂: Pour One Up - Arthur Stulien

級數: Beginner / Intermediate



CROSS STEPS, SWEEP, LOCK

- 1,2 Cross left over right, hold
- 3,4 step right to right side, hold
- 5,6 Cross left behind right, hold
- 7,8 Sweep right round backward to lock behind left (ending weight on right foot)

STEP LOCK STEP SCUFF SHUFFLE STEP HITCH

- 9,10 step forward on left, lock right behind left
- 11,12 step forward on left, scuff right forward next to left
- 13&14 shuffle forward on right
- 15,16 step forward on left, hitch right with 1/2 turn right

STEP PUSHES

- 17,18 step forward on right, push (slide) left foot to left side
- 19,20 step forward on left, push (slide) right foot to right side
- 21-24 repeat 17-20

ROCK, SAILOR, STEPS, STOMPS

- 25,26 rock weight out to right side on right foot, recover onto left
 - 27&28 cross right behind left, recover weight to left, step right to right (weight ending on both feet)
 - 29,30 step forward on left, step right next to left (shoulder width apart)
 - 31&32 hold, (&)stomp forward left,32 stomp right forward in line with left
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