

Covered In Sand

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Terri Martin (USA) - July 2025
音樂: Sand - Thomas Rhett



32 Count Intro

[1-8] Step, tap, Coaster step, walk, walk, rock, recover, cross

- 1-2 Step L forward , tap R toe behind L
- 3&4 Step R back, step L next to R, step R forward
- 5-6 Step L forward, step R forward Option Full turn: step ½ turn R stepping back on L, ½ R stepping forward on R
- 7&8 Rock L to L, recover on R, step L forward crossing R

Restart here on walls 3 & 6 with step change. Replace counts 7&8 with Rock L to L, recover R. Counts will be changed to 7,8

[9-16] Step back , lock step back, rock, recover, L ½ turn, L ¼ turn shuffle

- 1, 2&3 Step back on R, step L back, lock R in front of L, step back on L
- 4-5 Rock back on R popping L knee, recover on L
- 6 make ½ turn to L stepping R back (6:00)
- 7&8 make ¼ turn to L stepping L to L side, step R next to L, step L to L (3:00)

[17-24] Cross rock, recover, side, cross rock, recover, side, cross R over L, unwind L ½ turn, kick, ball, change

- 1,2& Cross Rock R over L, recover on L, step R next L
- 3,4& Cross Rock L over R, recover on R, step L next to R
- 5-6 Cross R over L, unwind to L making ½ turn, keeping weight on L (9:00)
- 7&8 Kick R, step on ball of R foot, step L next to R

[25-32] Cross, side, ¼ sailor step, step fwd, ½ turn pivot with flick, triple step

- 1-2 Cross R over L, step L to L side
- 3&4 Step R behind L, step L to L side, R ¼ turn stepping R fwd (12:00)
- 5-6 Step forward on L, pivot R ½ turn on L while flicking R back (6:00)
- 7&8 Triple step forward, RLR

2 Restarts: On walls 3 & 6 both facing 12:00

Restart the dance during the first 8 counts with a step change. Replace counts 7&8 with:

- 7,8 Rock L to L, recover R.

Dance ends at 12:00 at the end of the 8th wall.

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