

More & More & More (P)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 0 級數: Partner
編舞者: Pat Cartwright (UK) & Ray Cartwright (UK)
音樂: More and More and More - The Bellamy Brothers



Position: Right Side By Side facing LOD. Same footwork for both

STEP HOOK, SHUFFLE, STEP HITCH STEP HITCH

- 1-2 Step right back, hook left across in front of right
- 3&4 Step left forward, step right next to left, step left forward
- 5-6 Step right forward, hitch left
- 7-8 Step left forward. Hitch right

ROCK STEPS, ¼ TURN TOUCH, SIDE BEHIND

- 1-2 Rock forward on right, recover on left
- 3-4 Rock back on right, recover on left
- 5-6 Step right ¼ turn to right, touch left in place next to right

Man behind lady both facing OLOD, hands joined at shoulder level

- 7-8 Step left to side, cross right behind left

ROCK RECOVER TURN HOLD, ROCK RECOVER TURN HOLD

- 1-2 Step left to the side and rock onto it, recover on right
- 3-4 Step left ¼ turn to left, hold for one beat

Resume right side by side position facing LOD

- 5-6 Turn ¼ to left stepping right to side & rocking onto it, recover on left

Man's right hands over lady's head, lady behind man facing ILOD, hands joined at waist level

- 7-8 Step right ¼ turn to right, hold for one beat

Right hands joined in front, left hands joined behind facing LOD, hands joined at waist level

ROCK STEPS, PIVOT ½ TURN, STEP HOLD

- 1-2 Step left to the side and rock onto it, recover on right
- 3-4 Rock back on left, recover on right
- 5-6 Step forward on left, pivot ½ turn to right stepping forward on right

Drop left and raise right hands as you turn right, now in reverse right side by side, facing RLOD

- 7-8 Step forward on left, hold for one beat

¼ TURN ROCK RECOVER CROSS HOLD, ROCK RECOVER CROSS HOLD

- 1-2 Turn ¼ to left stepping right to side & rocking onto it, recover on left

Man behind lady both facing OLOD, hands joined at shoulder level

- 3-4 Cross right over in front of left, hold for one beat
- 5-6 Step left to side and rock onto it, recover on right
- 7-8 Cross left over in front of right, hold for one beat

2 X PADDLE TURNS, ROCK STEPS, TOUCH HOLD

- 1-2 Turn ¼ to left stepping right to side, recover on left

Man should take a small step to right, now in right side by side position facing LOD

- 3-4 Turn ¼ to left stepping right to side, recover on left

Man's right hands over lady's head, lady behind man facing ILOD, hands joined at waist level

- 5-6 Rock forward on right, recover on left
- 7-8 Touch right next to left, hold for one beat

ROCK RECOVER TURN HOLD, ROCK RECOVER TURN HOLD

1-2 Step right to the side and rock onto it, recover on left

3-4 Step right ¼ turn to right, hold for one beat

Right hands joined in front, left hands joined behind facing LOD, hands joined at waist level

5-6 Turn ¼ to right stepping left to side & rocking onto it, recover on right

Man's right hand over lady's head, man behind lady facing OLOD, hands joined at shoulder level

7-8 Step left ¼ turn to left, hold for one beat

Right side by side position, facing LOD

ROCK STEPS, SHUFFLE, SHUFFLE

1-2 Step right to the side and rock onto it, recover on left

3-4 Rock back on right, recover on left

5&6 Step forward on right, step left next to right, step forward on right

7&8 Step forward on left, step right next to left, step forward on left

REPEAT
