

Reverse Sigh-Cology

COPPER KNOB
STEPPERS

拍數: 32 牆數: 1 級數: Intermediate
編舞者: Deb Crew (CAN)
音樂: A Change Would Do You Good - Sheryl Crow



This dance is done in reverse, every other time! For an added challenge try lining up in two lines, face to face, and have one line start with the right foot, and the other line start with the left foot to create a mirror image effect!

HEEL DROPS, ½ TURN RIGHT, HEEL DROPS

- 1 Cross and step right toe over left foot
- 2 Drop right heel and snap fingers at shoulder level
- 3 Step left toe out to left side
- 4 Drop left heel and snap fingers at hip level
- 5 On ball of left foot, ½ turn to the right, stepping right toe out to right side (facing back wall)
- 6 Drop right heel and snap fingers at shoulder level
- 7 Cross and step left toe over right foot
- 8 Drop left heel and snap fingers at hip level

HIP SWINGS & SIDE SHUFFLES

- 9 Swing hips to the right, slightly lifting left leg as you swing your hips right
- 10 Swing hips to the left, slightly lifting right leg as you swing your hips left
- 11 Side shuffle to the right: step side right onto right foot
- & Quickly slide and step left foot next to right foot
- 12 Step side right onto right foot
- 13 Swing hips to the left, slightly lifting right leg as you swing your hips left
- 14 Swing hips to the right, slightly lifting left leg as you swing your hips right
- 15 Side shuffle to the left: step side left onto left foot
- & Quickly slide and step right foot next to left foot
- 16 Step side left onto left foot

HEEL FORWARD, TOE BACK, HEEL-BALL-STEP, STEP FORWARD, ½ TURN, STEP FORWARD, HOLD

- 17 Touch right heel forward
- 18 Touch right toe back
- 19 Touch right heel forward
- & Quickly step ball of right foot home
- 20 Small step forward on left foot
- 21 Step forward on right foot
- 22 Step ½ turn to the left onto left foot (facing original wall)
- 23 Step forward on right foot
- 24 Hold position (clap optional)

HEEL FORWARD, TOE BACK, HEEL-BALL-STEP, ROCK-STEP FORWARD, ROCK-STEP BACK

- 25 Touch left heel forward
- 26 Touch left toe back
- 27 Touch left heel forward
- & Quickly step ball of left foot home
- 28 Small step forward on right foot
- 29 Rock forward onto left foot
- 30 Rock back in place on right foot
- 31 Rock back onto left foot

32 Rock forward in place onto right foot
The weight is now on the right foot which means the left foot is free to start the dance over-only this time in reverse!!! That's right-a little reverse sigh-cology!!!

REPEAT
