

Save The Last Dance For Me (P)

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 0 級數: Partner
編舞者: Linda Blanchard & Adrien Ploudre
音樂: Save the Last Dance for Me - Dolly Parton



Position: Closed Western (Man Facing OLOD - Lady ILOD)

MAN'S STEPS

RUMBA BOX

1-4 Step left to left, slide right next to left, step back on left, hold
5-8 Step right to right, slide left next to right, step forward on right, hold

ROCK STEP, STEP TOGETHER, TOUCH, STEP, SLIDE, STEP, TOUCH

1-2 Rock forward on left, recover weight back on right

Release hands

3-4 Step left next to right, touch right next to left

Indian position (pick hands up over lady's shoulders)

5-6 Step right to right, slide left next to right

7-8 Step right to right, touch left next to right

STEP SLIDE, STEP, TOUCH, ROCK STEP, STEP TOGETHER, STEP, TOUCH

1-2 Step left to left, slide right next to left

3-4 Step left to left, touch right next to left

5-6 Rock forward on right, recover weight back on left

Do not release hands, lift right arms passing over lady's head ending face to face. Man's left palm in lady's left palm. Man's right palm in lady's right palm, lady's right hand is back to back with man's left hand giving a crossed effect, fingers pointing upwards

7-8 Step right next to left, touch left next to right

STEP, LOCK, STEP, HOLD, ROCK STEP, STEP, HOLD

1-4 Step back on left, lock right in front of left, step back on left, hold

5-8 Rock back on right, recover weight back on left, step forward on right, hold

STEP, LOCK, STEP, HOLD, ROCK STEP, STEP TOGETHER, HOLD

1-4 Step forward on left, lock right in front of left, step forward on left, hold

5-6 Rock forward on right, recover weight on left

7-8 Step right next to left, hold

SIDE ROCK, SPIN ¾ TURN, TOUCH, SIDE ROCK, CROSS, HOLD

1-2 Rock left to left, recover weight on right

Release hands

3-4 Spin ¾ turn right on ball of right, touch left next to right

Now in right open promenade facing LOD

5-6 Rock left to left, recover weight on right

7-8 Cross step left in front of right, hold

STEP LOCK, STEP, HOLD, STEP LOCK STEP, HOLD

1-4 Step forward on right, lock left behind right, step forward on right, hold

5-8 Step forward on left, lock right behind left, step forward on left, hold

STEP ½ TURN, STEP ¼ TURN, HOLD, CROSS ROCK, TOUCH, HOLD

Release hands

1-4 Step forward on right, pivot ½ turn left, step right ¼ turn left, hold

Return to starting position, closed western man facing OLOD, lady facing ILOD

5-8 Cross rock left in front of right, recover weight on right, touch left next to right, hold

REPEAT

LADY'S STEPS

RUMBA BOX

1-4 Step right to right, slide left next to right, step forward on right, hold

5-8 Step left to left, slide right next to left, step back on left, hold

ROCK STEP, SPIN ½ TURN, TOUCH, STEP, SLIDE, STEP, TOUCH

1-2 Rock back on right, recover weight back on left

Release hands

3-4 Spin ½ turn left on ball of left, touch right next to left

Indian position (pick hands up over lady's shoulders)

5-6 Step right to right, slide left next to right

7-8 Step right to right, touch left next to right

STEP SLIDE, STEP, TOUCH, STEP, PIVOT ½ TURN, TOUCH, HOLD

1-2 Step left to left, slide right next to left

3-4 Step left to left, touch right next to left

5-6 Step forward on right, pivot ½ turn left

Do not release hands, lift right arms passing over lady's head ending face to face. Man's left palm in lady's left palm. Man's right palm in lady's right palm, lady's right hand is back to back with man's left hand giving a crossed effect, fingers pointing upwards

7-8 Touch right next to left, hold

STEP, LOCK, STEP, HOLD, ROCK STEP, STEP, HOLD

1-4 Step forward on right, lock left behind right, step forward on right, hold

5-8 Rock forward on left, recover weight back on right, step back on left, hold

STEP, LOCK, STEP, HOLD, ROCK STEP, STEP TOGETHER, HOLD

1-4 Step back on right, lock left in front of right, step back on right, hold

5-6 Rock back on left, recover weight on right

7-8 Step left next to right, hold

SIDE ROCK, SPIN ¾ TURN, TOUCH, SIDE ROCK, CROSS, HOLD

1-2 Rock right to right, recover weight on left

Release hands

3-4 Spin ¾ turn left on ball of left, touch right next to left

Now in right open promenade facing LOD

5-6 Rock right to right, recover weight on left

7-8 Cross step right in front of left, hold

STEP LOCK, STEP, HOLD, STEP LOCK STEP, HOLD

1-4 Step forward on left, lock right behind left, step forward on left, hold

5-8 Step forward on right, lock left behind right, step forward on right, hold

STEP ½ TURN, STEP ¼ TURN, HOLD, CROSS ROCK, TOUCH, HOLD

Release hands

1-4 Step forward on left, pivot ½ turn right, step left ¼ turn right, hold

Return to starting position, closed western man facing OLOD, lady facing ILOD

5-8 Cross rock right behind left, recover weight on left, touch right next to left, hold

REPEAT

