

Sledgehammer

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate west coast swing
編舞者: Mikael Mölsä (FIN)
音樂: Sledgehammer - Peter Gabriel



Starting point: At about 0:20, when Peter starts talking

SIDE STEP, 3 COUNT HIP ROLL, TOUCHES, ¾ TURNING SAILOR STEP

- 1 Step left to left side
- 2-4 Roll hips to the left for 3 counts (weight ends up on left)
- 5-6 Touch right across left, touch right to side
- 7&8 Do a sailor step that turns ¾ to right (weight ends up on right)

ROCK STEP, SLIDE, STEPS, ¼ KICK BALL CROSS

- 1&2 Rock left across right, recover weight back to right, take a big step to left
- 3-4 Slide right next to left for two counts
- &5-6 Step right next to left, step left forward, step right forward
- 7&8 Kick left forward, step left next to right, turn ¼ to right and step right across left

SIDE STEP, 3 COUNT HIP ROLL, STEPS, ANCHOR STEP

- 1 Step left to left side
- 2-4 Roll hips to the left for 3 counts (weight ends up on left)
- 5-6 Step right forward, step left forward
- 7&8 Step right foot behind left foot, step left foot in place, step right foot in place

¼ TURNING SAILOR STEP, ½ HIP BUMP TURN, SKATES

- 1&2 Do a sailor step that turns ¼ to left (weight ends up on left)
- 3&4 Turn ¼ to left by stepping right to side while bumping to right side, bump hips to left, bump hips right and turn ¼ to left (weight ends up on right)
- 5-8 Skate left, right, left, right

REPEAT

RESTART

On wall 5 (12:00), and wall 9 (9:00), dance the first 16 counts and restart from the top

ENDING

On wall 15 (12:00) you only have time to dance 15 counts. Do the first 14 counts, but replace the kick ball cross with just a ¼ right turning side step. This makes you face the front wall