

Sophisticated Lady

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Johnny Montana (USA)
音樂: Sophisticated Lady - Natalie Cole



KICK-STEP-HEEL-STEP-TOE-STEP-HEEL

- 1&2& Kick right foot forward, step slightly back onto right foot, touch left heel forward, step onto left foot next to (slightly forward) right.
3&4 Touch right toe behind left heel, step slightly back onto right foot, touch left heel forward

& SHUFFLE FORWARD STEP, TURN

- &5&6 Step onto left foot next to (slightly forward) right, shuffle forward right, left, right
7-8 Step forward onto left foot, pivot ½ turn to right (to the right) and replace weight to right foot

KICK-STEP-HEEL-STEP-TOE-STEP-HEEL

- 9&10& Kick left foot forward, step slightly back onto left foot, touch right heel forward, step onto right foot next to (slightly forward) left.
11&12 Touch left toe behind right heel, step slightly back onto left foot, touch right heel forward

& SHUFFLE FORWARD STEP, TURN

- &13&14 Step onto right foot next to (slightly forward) left, shuffle forward left, right, left
15-16 Step forward onto right foot, pivot ½ turn to left (to the left) and maintain weight on right foot

QUICK WEAVE, ½ MONTEREY

- 17&18 Cross left foot behind right and step, step to right side onto right foot, cross left over right and step
19-20 Touch right toe to right side, pivot on left foot ½ turn right and step onto right foot next to left

QUICK WEAVE, ¾ MONTEREY

- 21&22 Cross left foot behind right and step, step to right side onto right foot, cross left over right and step
23-24 Touch right toe to right side, pivot on left foot ¾ turn right and step onto right foot next to left

SHUFFLE FORWARD, ROCK, REPLACE

- 25&26 Shuffle forward left, right, left
27-28 Step forward onto right foot and rock, step back (replace weight) onto left foot

RIGHT COASTER STEP, JAZZ JUMP, CLAP

- 29&30 Step back onto sole of right foot, step onto sole of left foot next to right, step forward onto right foot
&31-32 Step to left side onto left foot, step to right side onto right foot (out, out), clap hands

REPEAT

When dancing to "Sophisticated Lady" begin dance after 16 count intro. Wall 3 will only be 20 counts long. Do the first 20 steps putting weight on left foot after unwind instead of right at count 20 and then start at beginning. Wall 6 will be 40 counts long. Repeat steps 25 thru 32 at the end to make that wall 40 counts long and then start at beginning. Finish dance as written. When dancing to another West Coast song do the dance as written without putting in the phrased walls.