

Ushered Through It

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate / Advanced
編舞者: Guyton Mundy (USA)
音樂: Nice And Slow (Remix) - Usher



HEEL JACKS, STEP BACK, LEG SWING, STEP

- &1&2 Step right back, touch left heel forward, step left back, cross right over left
- &3&4 Step left back to left side, touch right heel forward, step right back, step forward on left
- 5-6 Hop back on right, swing left back
- 7-8 Hitch left up while skipping forward on right, step down on left

BACK STEPS, TOUCH, STEP OUT, ¼ TURN, TOUCH, STEP

- 1-2 Step right behind, step left behind right
- 3-4 Touch right behind left, step right to right side
- 5-6 Make a ¼ turn to the left, touch left to right
- 7 Step forward on left

SAILOR, WALK BACKS, ¾ UNWIND, COASTER

- 8&1 Step right behind left, step together with left, step forward on right
- 2-3-4 Step left behind right, step right behind left, step left behind right
- 5-6 Unwind ¾ turn to the left
- 7&8 Step left back, step together with right, step forward on left

STEP, THROW LEG, CROSS LEG, THROW LEG, ¼ TURN, STEP, TOUCH, ¼ TURN STEP

- 1-2 Step forward on right, kick left leg out to left
- 3-4 Cross left in front of right, kick left out to left side
- 5-6 While making a ¼ turn to the left, swing left back, step forward on left
- 7-8 Touch right forward, step back on right while making a ¼ turn to the right

While doing counts 2, 3, 4, 5 do not let your left foot touch the ground)

WRIST ROLLS, CLAP BEHIND WITH FEET TOGETHER, STEP BACK WITH HAND ROLLS, TOUCH, STEP, SAILOR, CROSS STEP

- 1&2 Take hands out to sides at shoulder height while rolling wrists backwards, clap hands behind back, while bringing feet together
- 3&4 While stepping back on right bring hands in front and rolling them backwards, touch left next to right
- 5 Step forward on left
- 6&7 Step right behind left, step together with left, step forward on right
- 8 Step left foot forward diagonally across right, with all weight on left toe

SLIDE AND GLIDE WITH ¾ TURN, REVERSE MOONWALK

- &1&2 Slide right foot across floor diagonally back to the right, shift weight to ball of right foot, slide left foot across floor diagonally back to the left, shift weight to ball of left foot
- &3&4 Slide right foot across floor diagonally forward, shift weight to ball of right foot, slide left foot diagonally back across the floor, shifting weight to left foot (you should now be facing 3:00 wall)
- &5 With right heel raised slide right toes forward, step right heel down
- &6 With left heel raised slide left toes forward, step left heel down
- &7 With right heel raised slide right toes forward, step right heel down
- &8 With left heel raised slide left toes forward, step left heel down

STEP, 1/3 TURN, 1/3 TURN, 1/3 TURN, COASTER, KNEE SLAP, TOUCH

- 1-2 Step forward on right, keeping right heel on the ground, bring feet together and make to the left 1/3 turn
- 3-4 Keeping feet together pivot 1/3 turn to the left, keeping feet together pivot 1/3 turn to the left (end with weight on right)
- 5&6 Step left back, step right together, step left forward
- 7-8 Lift right knee up slapping right knee with right hand, touch right down and back

KNEE SLAP, STEP, SAILOR (TWICE), HOPPING FULL TURN

- 1-2 Lift right knee up slapping right knee with right hand, step forward on right
- 3&4 Step left behind right, step right together, step left forward
- 5&6 Step right behind left, step left together, step right forward
- 7&8 Lift left foot off the ground while hopping 3 times on right foot (you will do a full turn) but be sure to bring left foot down on 8

REPEAT
