

From Zero To Hero

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Val Hurt (UK)
音樂: From Zero to Hero - Sarah Connor



KICK OUT OUT KNEE TURN COASTER STEP STEP ¼ PIVOT

- 1&2 Kick right foot forward, step right to right side, step left to left side
- 3-4 Pop right knee in facing left, turn right knee out making ¼ turn right
- 5&6 Step back on right, close left to right, step right slightly forward
- 7-8 Step forward on left, make ¼ turn right stepping right to right side

CROSS SHUFFLE, ¼ TURN TWICE CROSS OUT OUT, SHUFFLE FORWARD

- 1&2 Cross left over right, step right to right side, cross left over right
- 3-4 Make ¼ turn left stepping back on right, make ¼ turn left stepping left to left side
- 5&6 Cross right over left, step left to left side, step right to right side
- 7&8 Step forward on left, close right to left, step forward on left

KICK AND POINT TWICE STEP ½ PIVOT, SHUFFLE HALF TURN

- 1&2 Kick right foot forward, step down on right, point left toe to left side
- 3&4 Kick left foot forward, step down on left, point right toe to right side
- 5-6 Step forward on right, pivot half turn left
- 7&8 Make ¼ turn left stepping right to right side, close left to right, make ¼ turn left stepping right to right side

BACK BACK COASTER CROSS, KICK BALL CROSS, SIDE ROCK

- 1-2 Slide left foot back, slide right foot back
- 3&4 Step back on left, close right to left, step left forward
- 5&6 Kick right foot forward, step down on right, cross left over right
- 7-8 Rock right foot out to right side, recover to left

BEHIND AND CROSS, SIDE ROCK, SAILOR BACK TWICE

- 1&2 Cross right behind left, step left to left side, cross right over left
- 3-4 Rock left out to left side, recover to right
- 5&6 Traveling back, step left behind right, step right to right side, step left to left side
- 7&8 Traveling back, step right behind left, step left to left side, step right to right side

CROSS BEHIND UNWIND ¾ TURN, ROCK AND STEP SIDE, CROSS SIDE SAILOR

- 1-2 Cross left behind right, unwind ¾ turn left
- 3&4 Cross rock right over left, recover to left, step right to right side
- 5-6 Cross step left over right, step right to right side
- 7&8 Step left behind right, step right to right side, step left to left side

CROSS, KICK BALL CROSS TWICE, SIDE ROCK, BEHIND ¼ TURN

- 1-2& Cross step right over left, kick left foot forward, step down on ball of left foot
- 3-4& Cross step right over left, kick left foot forward, step down on ball of left foot
- 5-6 Cross step right over left, rock left out to left side
- 7-8& Recover to right, step left behind right, make ¼ turn right stepping forward on right

STEP FORWARD, SKATE RIGHT & LEFT, CHASSE, BACK ROCK RECOVER, STEP LEFT

- 1-2 Step forward on left, make skating motion stepping forward on right
- 3-4& Make skating motion stepping forward on left, step right to right side, close left to right

5-6 Step right to right side, rock left behind right
7-8 Recover to right, step left to left side

REPEAT

TAG

16 count tag to be danced at the end of 2nd wall

KICK BALL CROSS TWICE, SIDE ROCK BEHIND & CROSS

1&2 Kick right foot forward, step down on ball of right foot, cross step left over right
3&4 Kick right foot forward, step down on ball of right foot, cross step left over right
5-6 Rock right foot out to right side, recover to left
7&8 Step right behind left, step left foot to left side, cross step right over left

KICK BALL CROSS TWICE, SIDE ROCK BEHIND TURN STEP

1&2 Kick left foot forward, step down on ball of left foot, cross step right over left
3&4 Kick left foot forward, step down on ball of left foot, cross step right over left
5-6 Rock left foot out to left side, recover to right
7&8 Cross left behind right, make $\frac{1}{4}$ turn right stepping right forward, step forward on left

ENDING

Dance first 4 counts of the dance cross left over right & unwind $\frac{1}{2}$ turn right to bring you to home wall
