

Footprints (I Promise You ...)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate NC
編舞者: Jutta Leyh (DE) - July 2011
音樂: Footprints In the Sand - Leona Lewis



Note: Start dancing when piano starts playing

[1-8] NC BASIC RIGHT, STEP L TO LEFT, 1/8 TURN RIGHT DIAGONAL RUN BACK, 1/2 TURN RIGHT STEP, STEP 1/2 TURN RIGHT STEP, RUN FORWARD

- 1-2& Step R to side, cross L behind R, cross R over L
- 3 Step L to side
- 4&5 Turn 1/8 right and run diagonal back R and L, make 1/2 turn right and step R forward
- 6&7 Step L forward, make 1/2 turn right on L step R forward, step L forward
- 8& Run forward R and L (1:30)

[9-16] SWEEP R 1/8 TURN LEFT, STEP CROSS, 1 1/2 TRAVELLING PIVOT, CROSS ROCK AND RECOVER L AND R

- 1-2 Sweep R turn 1/8 left (facing 12:00),
- &3 Step R across L, turn 1/4 right step L back
- &4& Turn 1/2 right and step R forward, turn 1/2 right step L back, turn 1/4 right step R to side (6:00)
- 5-6& Step L across R, recover on R, step L to side
- 7-8& Step R across L, recover on L, step R to side

[17-24] STEP L, LOCKSHUFFLE R, SWEEP L 1/4 TURN RIGHT, 3/4 CROSS UNWIND RIGHT ON L, PUSH R TO SIDE, GO DOWN AND UP, BRING R NEXT TO L

- 1 Step L forward
- 2&3 Step R forward, lock L behind R, step R forward
- 4& Sweep L around with 1/4 turn right, cross L over R and make 3/4 turn right on L, (6:00)
- 5-6 Push R slowly to side, slightly bend left knee and go down
- 7-8 Straighten left knee and pull R slowly back next to L

[25-32] 3/4 CIRCLE WALK RIGHT, STEP R TO RIGHT CROSS L BEHIND R, 2 FULL TURNS RIGHT

- 1-4 Walk 3/4 circle right R, L, R, step L next to R (3:00)
- 5-6 Step R to side, cross L behind R
- 7& 1/4 turn right stepping R forward, 3/4 turn right stepping L next to R
- 8& 1/4 turn right stepping R forward, 3/4 turn right stepping L next to R

TAG 1: in wall 4 after 16 counts dance the following steps, then restart the dance:

[1-4] STEP L, LOCKSHUFFLE WITH R, STEP L

- 1 Step L forward
- 2&3 Step R forward, lock L behind R, step R forward
- 4 Step L next to R

TAG 2: in wall 6 after 16 counts make the following arm movements while standing in place

- 1-3 Bring up right arm in front of your chest and out to right side (over 3 counts),
- 4-6 While changing weight to L bring up left arm in front of your body and over your head and down to left side like a circle (over 3 counts)

NOTE:

For a nice ending finish the dance after 12 counts (facing 12:00 in wall 7) and pull R next to L ...for Robert.

