

This Girl

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Diane Blairs (UK) - March 2012
音樂: Long Gone - Lady A : (Album: Lady A 2008)



NOTE: (18sec) Start on Vocal ("It's")

ROCKING CHAIR, JAZZ BOX.

1 - 2 rock fwd on right, recover on left,
3 - 4 rock back on right, recover on left,
5 - 6 cross right over left, step back on left,
7 - 8 step right to right side, step fwd on left.

½ PIVOT R, STEP FWD L, RIGHT SUFFLE FWD, ROCK, RECOVER, STEP BACK, ¼ TURN R, CROSS.

1 - 2 ½ pivot right, step on right, step fwd on left,
3&4 step fwd on right, step left beside right, step fwd on right,
5 - 6 rock fwd on left, recover on right,
7&8 step left back, ¼ turn right, step on right, cross left over right.

SIDE, TOG, ¾ TURN RIGHT, BEHIND, SIDE, CROSS, ¼ SWIVEL L, BACK LEFT.

1 - 2 step right to right side, step left beside right,
3 - 4 ¼ turn right, step on right, ½ turn right, step back on left, (weight on left)
5&6 step right behind left, step left to left side, cross right over left,
7 - 8 (on balls of both feet) ¼ swivel left, (weight on right), step back on left, (weight on left)

CROSS, BACK, R COASTER, L SAILOR, RIGHT LOCK STEP

1 - 2 cross right over left, step back on left,
3&4 step slight back on right, step left beside right, step fwd on right,
5&6 step left slight behind right, step right to right side, step left to left side, (weight on left)
7&8 step fwd on right, lock left behind right, step fwd on right.

L SIDE ROCK, BEHIND, R SIDE ROCK, BEHIND, WALK FWD L & R

1-2-3 rock left to left side, recover on right, step left behind right,
4-5-6 rock right to right side, recover on left, step right behind left, (weight on right)
7 - 8 walk fwd on left, walk fwd on right.

STEP, ½ PIVOT R HOOK, RIGHT LOCK STEP, ROCK RECOVER, ¼ TURN L, LEFT LOCK STEP.

1 - 2 step fwd on left, ½ pivot right, hook right across left,
3&4 step fwd on right, lock left behind right, step fwd on right,
5 - 6 rock fwd on left, recover on right,
7&8 ¼ turn left, step fwd on left, lock right behind left, step fwd on left.