

Screamin Guitar

COPPER KNOB
STEPSHEETS

Count: 64

Wand: 0

Ebene:

Choreograf/in: Nicky Capper

Musik: A Little Less Talk & A Lot More Action - The Cheap Seats



RUNNING MAN WALK FORWARD

- 1 Step forward on right foot
- & Slide right foot back and lift left leg up
- 2 Step forward on left foot
- & Slide left foot back and lift right leg up
- 3-4 Repeat steps 1-3

- 5 Step forward on right foot
- 6 Step forward on left foot
- 7 Step forward on right foot
- 8 Kick left foot forward

WALK BACK TOUCH OUT MONTEREY TURN TOUCH

- 9 Step back on left foot
- 10 Step back on right foot
- 11 Step back on left foot
- 12 Touch right foot in place

- 13 Touch right foot to right side
- 14-15 Pivot a full turn right on ball of left foot right foot lifted off the floor
- & Touch right foot in place
- 16 Lift left leg up

½ AN APPLE-JACK TOUCHES (FOUR TIMES)

- 17 Swivel right heel to left and touch left toe to left side
- & Swivel right heel to the right and lift left leg up
- 18 Fan right toe to right side and touch left toe in place
- & Fan right toe back in place and lift left leg up (put weight on balls of right foot)
- 19-24 Repeat steps 17-19 3 more times

LEFT KICK BALL CHANGE, KICK BALL CHANGE, KICK.STEP BACK, BODY ROLL

- 25 Kick left foot forward
- & Step left foot back in place
- 26 Touch right toe to right side
- 27-28 Repeat steps 25-26 with opposite leg

- 29 Kick left foot forward
- & Step left foot back in place
- 30 Step back on right foot
- 31-32 Forward body roll

SIDE CROSS SIDE CROSS SIDE CROSS TURN

- 33 Step right foot to right side
- & Touch left heel to left side
- 34 Touch left heel forward
- 35-36 Repeat steps 33-34

- 37 Step right foot to right side
& Touch left heel to left side
38 Cross left foot over right
39 Unwind a ½ turn right
40 Pause for 1 beat of music

STAMP HOLD 2,3,4 STEP FORWARD TURN BACKSLIDE TOUCH

- 41 Stamp right foot forward
42-44 Hold position

45 Step forward on left foot
46 Bring right foot up to left and make a ¼ turn left (weight on right foot)
47 Step back on left foot
48 Touch right foot in place

RUNNING MAN STEP TURN STEP BACK SWEEP STEP

- 49 Step forward on right foot
& Slide right foot back and lift left leg up
50 Step forward on left foot
& Slide left foot back and lift right leg up
51 Step forward on right foot
52 Pivot a ¼ turn left (weight on left foot)

53 Step back on right foot
54-55 Sweep left foot behind right and make a ¼ turn left
56 Put weight on left foot

FORWARD BACK STEP TURN CROSS TOUCH TAP TAP

- 57 Touch right foot forward
58 Touch right foot back
59 Step forward on right foot and make a ¼ turn right
60 Touch left toe to left side

61 Cross left foot over right
62 Step forward on right foot (weight on balls of both feet)
63-64 Tap right heel down twice

REPEAT
