

Giddy On Up and Giddy On Out!

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: M. Vasquez (UK) - October 2014
音乐: Giddy On Up - Laura Bell Bundy



Dance starts on main vocal

Restarts: Wall 4 – Complete wall up to the coaster step in Section 2 and restart (Wall 5)

Section 1: Cross Rocks, Shuffle Forward, Cross Samba

1-2 Cross rock left foot over right, recover back on right foot
& Step left foot next to right
3-4 Cross rock right foot over left, recover back on left foot
& Step right foot next to left
5&6 Step left foot forward, step right next to left, step left foot forward
7&8 Cross right foot over left, step left foot slightly to left side (on &), step right foot next to left

Section 2: Cross and $\frac{3}{4}$ Unwind Turn Right, Coaster Step, Shuffle Forward, Sailor Step

1-2 Cross left foot over right, make $\frac{3}{4}$ turn to the right transferring weight to left foot as you 'unwind'
3&4 Step back on right foot, step left foot next to right, step forward on right foot
5&6 Step left foot forward, step right next to left, step left foot forward
7&8 Cross right foot behind left, step left foot to left side, step right foot to place

Section 3: Left Sailor Step, Touch, $\frac{1}{2}$ Turn Right, Triple Step $\frac{1}{2}$ Turn Right, Right Coaster Step

1&2 Cross left foot behind right, step right foot to right side, step left foot to place
3-4 Touch right toe back, make $\frac{1}{2}$ turn right taking weight onto right foot
5&6 Make $\frac{1}{2}$ turn right, stepping left, right, left, (weight ends up on L)
7&8 Step back on right foot, step left foot next to right, step forward on right foot

Section 4: (Optional Arms: - Lasso right arm in anticlockwise direction above head on the diagonal shuffles forward)

Diagonal Left Forward Shuffle, Diagonal Right Forward Shuffle, Left Pony Step, Right Pony Step

1&2 Step left foot diagonally forward, step right foot next to left, step left foot diagonally forward
3&4 Step right foot diagonally forward, step left foot next to right, step right foot diagonally forward
5&6 Step left foot to left side, step ball of right foot beside left as you lift left foot slightly off the floor (on &), step left foot in place
7&8 Step right foot to the right side, step ball of left foot beside right as you lift right foot slightly off floor (on &), step right foot in place

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