

The Remix - (The Easier Remix)

COPPER KNOB
BY STEPSHEETS

拍数: 40 墙数: 2 级数: Beginner / Improver
编舞者: Ben Heggy (USA) - October 2014
音乐: Remix (I Like The) - New Kids On the Block : (Album: 10)



Start: □ 16 counts from the "Whoaa" , approx 10 sec.

This dance is an easier floor split for Yvonne Anderson & Karl-Harry Winson's wonderful dance "The Remix"

Dance: (Verse) 40 counts

S1 (1-8) Walk forward; Walk Forward; Hitch; Back; Sit; Stand; Sit; Stand;

1-2 (1)Step right forward (2)Step left forward;
3-4 (3)Hitch right knee; (4)Step right back;
5-6 (5)Sit back onto right; (6)Stand back up taking weight onto left;
7-8 (7)Sit back onto right; (8)Stand back up taking weight onto left;

Restart here on wall 4, you will be facing 6:00

S2 (9-16) Step; Pivot ¼; Cross rock; Recover; Side; Hold; Ball; Side; Touch;

1-2 (1)Step right forward; (2)Turn ¼ left, weight to left; [9:00]
3-4 (3)Cross rock right over left; (4)Recover weight to left;
5-6 (5)Step right to the side; (6)Hold;
&7-8 (&)Step ball of left next to right; (7)Step right to the side; (8)Touch left next to right;

S3 (17-24) Side; Hold; Ball; Side; Touch; Rocking chair;

1-2 (1)Step left to the side; (2)Hold;
&3-4 (&)Step ball of right next to left; (3)Step left to the side; (4)Touch right next to left;
5-6 (5)Rock forward right; (6)Recover weight to left;
7-8 (7)Rock backward right; (8)Recover weight to left;

S4 (25-32) Step; Pivot ¼; Step; Pivot ¼; Weave left;

1-2 (1)Step right forward; (2)Turn ¼ left, weight to left; [6:00] (styling: roll hips)
3-4 (3)Step right forward; (4)Turn ¼ left, weight to left; [3:00] (styling: roll hips)
5-6 (5)Cross right over left; (6)Step left to the side;
7-8 (7)Cross right behind left; (8)Step left to the side;

S5 (33-40) Point; Cross hitch; Point; Cross hitch; Vine right w/ ¼ turn;

1-2 (1)Point right to the side; (2)Hitch right across left;
3-4 (3)Point right to the side; (3)Hitch right across left;
5-6 (5)Step right to the side; (6)Cross left behind right;
7-8 (7)Turn ¼ right and step right forward; [6:00] (8)Step left forward;

Repeat

Restart: On wall 4, dance the first 8 counts and start over, you will be facing 6:00 when the restart happens.

Ending: On wall 10, you will dance up through count 16 – Side; Hold; Ball; Side; Touch....then sharply turn ¼ turn right and step/stomp left to the side and strike a pose.

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script. © 2014 Ben Heggy (benster@djbenster.com)

