

ABlast

COPPER KNOB
STEPSHEETS

拍数: 24 墙数: 2 级数: Absolute Beginner
编舞者: Ross Brown (ENG) - December 2014
音乐: Last Call (Radio Edit) (feat. Kat DeLuna) - The Bello Boys : (Album: Last Call - EP)



Intro : □ 16 Counts (Approx. 8 Secs)

Note : □ The dance can be pronounced as "A Blast" or "A B Last".

VINE LEFT with TOUCH. VINE RIGHT with TOUCH.

- 1 – 2 Step left to the left, cross step right behind left.
- 3 – 4 Step left to the left, touch right next to left.
- 5 – 6 Step right to the right, cross step left behind right.
- 7 – 8 Step right to the right, touch left next to right. (12 O'CLOCK)

Alternative : Beginner and Improver dancers may want to change Counts [5 – 8] to a ROLLING VINE FULL TURN RIGHT.

SIDE, TOUCH. HEEL TWIST ¼ TURN R, KICK. SLOW COASTER STEP. KICK.

- 1 – 2 Step left to the left, touch right next to left.
- 3 – 4 Make a ¼ turn right twisting both heels to the left, kick right foot forward.
- 5 – 6 – 7 Step back with right, step left next to right, step forward with right.
- 8 Kick left foot forward. (3 O'CLOCK)

Arms / Hands : □ On Count 4, you can push both hands into the air.

WALK BACK. HITCH. WALK FORWARD. SCUFF ¼ TURN R.

- 1 – 2 – 3 Walk back; left, right, left.
- 4 Hitch right knee up.
- 5 – 6 – 7 Walk forward; right, left, right.
- 8 Make a ¼ turn right scuffing left foot forward. (6 O'CLOCK)

END OF DANCE!

Contact: ross-brown@hotmail.co.uk