

Beam Me Up

COPPERKNOB
STEPSHEETS

拍数: 56
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音乐: Beam Me Up - Hawa

墙数: 1

级数: Phrased Easy Intermediate



Seq: AA (32T) BAA (32T) BBA (32T) Restart A (32T) Restart A (32T) Restart A (32T) BB
Intro : 16 counts - Options are only for FUN

PART A – 48 counts

Section 1: (DIAGONAL): RIGHT STEP CLAP, CLAP STEP LEFT, RIGHT SHUFFLE BACK, STEP BACK TOUCH, STEP BACK TOUCH, SHUFFLE LEFT BACK

- 1 & Step diagonally R and clap
- 2 & Step diagonally L and clap
- 3 & 4 Step (RLR) back diagonally
- 5 & Step L back diagonally and step R foot next to left
- 6 & Step R back diagonally and step L foot next to right
- 7 & 8 Shuffle (LRL) back diagonally

Option Styling : Open and close the arms and hands diagonally with the beat, the upper body leaning slightly forward,

Section 2: JAZZ BOX, STEP ½ PIVOT WITH HIP X2

- 1-2 Cross right over left, step L back
- 3-4 Step right to right, step L forward

Option Styling: Swing both arms right to left and from left to right

- 5-6 Step R forward pushing the hip forward, ½ turn Left stepping forward
- 7-8 Step R forward pushing the hip forward, ½ turn Left stepping forward

Option Styling: Open both arms at the sides of the body pushing back (palms open facing backwards), close the arms after each half turn

Section 3: (ON RIGHT DIAGONAL) RIGHT KICK STEP FORWARD, LEFT KICK STEP FORWARD, SIDE ROCK CROSS, (ON LEFT DIAGONAL) TOE STRUT FORWARD, TOE STRUT FORWARD, SIDE ROCK CROSS

- 1 & Kick R diagonally R, step R advancing
- 2 & Kick L diagonally R, step L advancing

Option Styling: Swing L & R arms forwards and backwards in the opposed sense to the Kicks

- 3 & 4 Step right to right recover onto left, cross right over left
- 5 & Left Toe Strut diagonally L advancing
- 6 & Right Toe Strut diagonally L advancing

Option Styling: Swing L & R arms forwards and backwards in the opposed sense to the Toe Strut (Palms down)

- 7 & 8 Step left to left recover onto right, cross left over right

Section 4: SLOW HEEL STEP , FAST HEEL STEP X2 (TRAVELLING LEFT & RIGHT)

- 1-2 Cross right heel over left, step left to left, turning right heel
- 3 & 4 Cross right heel over left, step left to left, turning right heel, cross right heel over left

Option Styling: Begin with both arms bent to the R side, open palms forward, and move across the body to the L, synchronized with heel step then fast change of direction, moving hands opposite direction for L heel steps

- 5-6 Cross left heel over right, step right to right, turning left heel
- 7 & 8 Cross left heel over right, step right to right, turning left heel, cross heel over right

PART B & RESTARTS here After 32 counts

Section 5: STEP FORWARD, TOUCH BACK, STEP BACK, RIGHT KICK, RIGHT COASTER STEP, STEP FORWARD, PIVOT ½ TURN RIGHT, ½ TURN RIGHT STEPPING BACK, TOUCH POINT POINT

1 & Step right forward, touch left behind right

2 & Step back left, kick R

Option Styling : 1 & Open arms and hands wide apart R arm in front (&) stay with arms apart (2) close arms when you step back (&) Open arms and hands L arm in front

3 & 4 Step back right, together left beside right, step R forward

5 & 6 Step L forward ½ turn right on right, ½ turn right stepping L back

7 & 8 Point right to R side, Touch R beside left, Point right to R side

Option Style: When you do the POINT TOUCH POINT dip and raise the right and leleft shoulders each time you change

Section 6: BACK TOE STRUT AND SNAP X2, MONTEREY ½ TURN X2, HEEL TOE SWIVEL RIGHT AND LEFT

1 & R Toe Strut back snap R fingers,

2 & L Toe Strut back, snap L fingers

3 & Point right to right, pivot ½ turn right, step right next to left

4 & Touch left to left, step left next to right,

5 & Point right to right, pivot ½ turn right, step right next to left

6 & Touch left to left, step left next to right,

7 & heel toe swivel, feet turned to R

8 & heel toe swivel, feet turned to L

Option Styling : During HEEL TOE SWIVEL R, Bend the right arm to the R side & opening the hand and at the same time bend the left arm with L hand open in front of your stomache as if holding a guitar without closing hands arms change side for the HEEL TOE SWIVEL L

PART B – 8 counts

STRUTS ROUND IN A FULL CIRCLE RIGHT,, TOE HEEL TWIST RIGHT AND LEFT

1 & ¼ turn R, right Toe Strut, (3:00)

2 & ¼ turn R, left Toe Strut (6:00)

3 & ¼ turn R, right Toe Strut,(9:00)

4 & ¼ turn R, left Toe Strut(12:00)

Option Styling : During TOE STRUTS, bend the L arm , shaking L hand , fingers stretched, throughout the turn, while watching with your head to the L

5 & 6 Twist heel Toe Heel to R,

7 & 8 Twist heel Toe Heel to L

Option Styling : Begin with both arms bent to the R side, open palms forward, and move across the body to the L, synchronized with twist and then reverse with both hands bent to the left

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