

Rope It Off

COPPERKNOB
STEPPERS

拍数: 80 墙数: 1 级数: Fundance
编舞者: Satu Ketellapper (NL) - July 2015
音乐: Rope It Off - Cowboy Troy : (iTunes)



Sequence of dance: A B A B A A A B(first 45 counts) ,Tag, B (last 16 count) A 7X

Part A: 16 counts

A[1-8]: Slide L, Slide R, out 2x, in 2x, Slide back

1-2 LF step out left side, slide RF, 2 RF close to LF
3-4 RF step out right side, slide LF, 4 LF close to RF
&-5 RF step out, LF step out
&-6 RF step in, LF step in
7-8 RF step back, Slide LF, LF close to RF

A[9-16] Paddle turns 2x

1-4 RF step 1/4 turn on left side 4x, Arms roll
5-8 LF step 1/4 turn on right side 4x, arms roll

Part B: 64 counts,

B[1-8]: step out, clap, cross shuffle, mambo, cross

1-2 RF step out right side, Clap hands
3&4 LF cross RF shuffle right side
5-6 RF step out right side, move hips to right side, recover
7&8 RF cross behind LF, Step LF to left side, RF cross over LF

B[9-16]: step out, clap, cross shuffle, mambo, shuffle 1/2

1-2 LF step out left side, Clap hands
3&4 RF cross LF shuffle left side
5-6 LF step out left side, move hips to left side, recover
7&8 LF shuffle 1/2 left side (3:00)

B[17-24]: Shuffle F, rockstep, point 2x, cross behind, 3/4 turn

1&2 RF shuffle fwd
3-4 LF rock fwd, recover
5&6 LF point left side, step LF to RF, RF point right side
7-8 RF cross behind LF, 3/4 turn (12:00)

B[25-32]: coaster step, hold, pivot 1/2 2x

1&2 RF step back, LF step next to RF, RF step fwd
3-4 LF close to RF, Hold
5-6 LF step fwd right side, 1/2 turn (6:00)
7-8 LF step fwd right side, 1/2 turn (12:00)

B[33-40]: rockstep, shuffle 1/2 2x

1-2 LF rockstep fwd, recover
3&4 LF shuffle 1/2 left side (6:00)
5-6 RF rockstep fwd, recover
7&8 RF shuffle 1/2 right side (12:00)

B[41-48]: kick 2x, coasterstep, hip rolls 2x

1&2 LF kick fwd, LF close to RF, RF kick fwd
3&4 RF step back, LF step next to RF, RF step fwd

5-6 LF step out, hip rolls to left side
7-8 hip rolls to right side

B[49-56]: Down

1-8 go down

B[57-64]: Up

1-8 go up

TAG: 16 counts,
Hip rolls to Left side, Hip rolls to right side 8x

Contact: satuketellapper@gmail.com
