

Pat's Commotion

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 1 级数: Beginner
编舞者: Pat Newell (USA) - September 2015
音乐: Evil Girl - Scooter Lee



Teaches: Weaves, diagonal walks, pivots, hip swings, simple walk fwd and back

Or any 48 ct music

#48 ct intro

S1: WEAVE RIGHT WITH DIAGONAL HEEL STAND, REPEAT TO LEFT

1-4 Step R to R, L across R, step R to R, tilt body to 1/8 L and heel stand on L
5-8 Step L to L, R across L, step L to L, tilt body to 1/8 right and heel stand R

S2: DIAGONAL WALKS RIGHT FORWARD AND BACK WITH KICK/CLAP

1-4 Walk 1/8 wall fwd R, L, R kick L/clap 1:30
5-8 Walk back L, R, L touch R adjusting to 12:00 wall, tch/clap

S3: DIAGONAL WALKS LEFT FORWARD AND BACK WITH KICK/CLAP

1-4 Walk 1/8 wall fwd R, L, R kick L clap 10:30
5-8 Walk back L, R, L adjusting to 12:00 wall, tch/clap

S4: TWO ½ PIVOTS TO LEFT STOMP R, STOMP L CLAP CLAP ** ½ and ¼ Pivot for 4 wall dance.

1-4 Step forward on R turn ½ L weight on L, step forward on R turn ½ L weight on L 12:00
5-8 Stomp R, stomp L, clap clap 12:00

S5: HIP SWINGS WITH DIAGONAL HEEL STANDS RIGHT, LEFT AND REPEAT

1-4 Dip R hip to to R extend L heel to diagonal heel stand, Dip L hip to L extend R heel to diagonal heel stand
5-8 REPEAT 1-4 *no claps here, just good diagonal body moves

S6: WALK FORWARD WITH WOO AND BACK WITH TOUCH

1-4 Walk forward, R, L, R, kick L and extend hands forward at waist level and yell WOO
5-8 Walk back L, R, L, R and touch.

BEGIN DANCE AGAIN

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