

# Meltdown

**COPPER KNOB**  
STEPSHEETS

拍数: 116      墙数: 2      级数: Phrased Advanced  
编舞者: Adriano Castagnoli (IT) - January 2016  
音乐: The Road Is a Friend of Mine - Weldon Henson



Description: Part A+B (64+52 count) + Tag 32 count + Final 47 count,

Sequence: A(A\*B) A(A\*B) AAA(Restart) A(A\*B)(A\*B) Tag, Final

## Part A – 64 counts

### A1: RIGHT SIDE, STOMP UP, LEFT SIDE, SCUFF, ROCKING CHAIR FORWARD RIGHT

1-2            Step Right To Right, Stomp Up Left Beside Right  
3-4            Step Left To Left Side, Scuff Right Beside Left  
5-6            Rock Forward On Right, Return On Left  
7-8            Rock Back On Right, Return On Left

### A2: FLICK OUTSIDE AND SLAP, HEEL FAN, POINT RIGHT, BACK, KICK, HOOK

1-2            Flick Up Back Right To Outside And Slap Right On Right Heel, Step Right Forward  
3-4            Fan Right Heel Out To Right, Return Heel To Centre  
5-6            Point Right Toe To Right Side, Step Right Back  
7-8            Kick Left Forward, Hook Left Over Right

### A3: LOCK FORWARD LEFT, HOOK, LOCK BACK RIGHT, HOLD

1-2            Step Left Forward, Lock Right Behind Left  
3-4            Step Left Forward, Hook Right Behind Left  
5-6            Step Right Back, Lock Left Across Right  
7-8            Step Right Back, Hold

### A4: JUMPING FULL TURN LEFT (KICK, JAZZ BOX RIGHT, CROSS), ROCK BACK, SCUFF

1-2            Started Full Turn Left Jumping Back On Left And Kick Right Forward, Cross Right Over Left  
3-4            Step Left Back And Kick Right Forward, Kick Left Forward  
5-6            Cross Left Over Right And Finished Full Turn Left, Rock Back On Right And Kick Left Forward  
7-8            Return On Left, Scuff Right Beside Left

### A5: GRAPEVINE RIGHT, STOMP UP, LEFT SIDE, STOMP UP, RIGHT SIDE, SCUFF

1-2            Step Right To Right Side, Cross Left Behind Right  
3-4            Step Right To Right Side, Stomp Up Left Beside Right \*  
5-6            Step Left To Left Side, Stomp Up Right Beside Left  
7-8            Step Right To Right Side, Scuff Left Beside Right

### A6: GRAPEVINE LEFT, POINT RIGHT, FULL TURN RIGHT, HOLD

1-2            Step Left To Left Side, Cross Right Beside Left  
3-4            Step Left To Left Side, Point Right Toe To Right Side  
5-6            Turn 1/4 Right And Touch Right Heel Forward, Started Turn 3/4 Right On Right  
7-8            Finished Turn 3/4 Right And Step Left Back, Hold

### A7: ROCK BACK RIGHT, 2 TOUCH TOE, HOOK COMBINATION AND FLICK UP BACK

1-2            Rock Back On Right And Kick Left Forward, Return On Left Forward  
3-4            Touch Right Toe Behind Left (Twice)  
5-6            Kick Right Forward, Hook Right Over Left  
7-8            Kick Right Forward, Flick Up Back Right

**A8: TURN 1/4 LEFT, STOMP UP, TURN 1/4 LEFT, STOMP, FOOT BOOGIE**

- 1-2 Turn 1/4 Left And Step Right To Right Side, Stomp Up Left Beside Right
- 3-4 Turn 1/4 Left And Step Left Forward, Stomp Right Beside Left
- 5-6 Swivel Right Foot To Right Side (Toe, Heel)
- 7-8 Swivel Right Foot To Left Side (Heel, Toe)

**PART B: performed after first 36 count part A (A\*B) [52 COUNTS]**

**B1: STOMP, HOLD (3 times)**

- 5-6-7-8 Stomp Left To Left Side, Hold, Hold, Hold

**B2: TURN 1/4 LEFT AND STOMP, HOLD (3 TIMES), TURN 1/4 LEFT AND STOMP, HOLD**

- 1-2-3-4 Turn 1/4 Left And Stomp Right To Right Side, Hold, Hold, Hold
- 5-6-7-8 Turn 1/4 Left And Stomp Right Forward, Hold, Hold, Hold

**B3: STOMP, HOLD, SWIVET LEFT, SPIN FULL TURN RIGHT**

- 1-2 Stomp Left To Left Side, Hold
- 3-4 Taking Weight Onto Left Heel And Right Toe Swivel Both Toes To Left, Feet To Centre
- 5-6-7-8 Full Turn To Right Executed On Left Hitching Other Knee Over Four Beat Of Music

**B4: JUMPING KICKS (LEFT, RIGHT), FULL TURN RIGHT WITH JAZZ BOX (RIGHT, LEFT)**

- 1-2 Jumping Back On Right And Kick Left Forward, Kick Right Forward
- 3-4 Started Full Turn Right And Cross Right Over Left, Step Left Back And Kick Right Forward
- 5-6 Kick Left Forward, Cross Left Over Right
- 7-8 Step Right Back And Kick Left Forward, Kick Right Forward

**B5: JUMPING CROSS, ROCK BACK LEFT, STOMP (TWICE), HOLD**

- 1-2 Jumping Cross Right Over Left, Rock Back On Left And Kick Right Forward
- 3-4 Return On Right, Stomp Up Left Beside Right
- 5-6-7-8 Stomp Left To Left Side, Hold, Hold, Hold

**B6: APPLE JACK (RIGHT, LEFT), PIGEON TOED RIGHT, SWIVET RIGHT**

- 1-2 Swivel Right Toe And Left Heel To Right Side, Return Feet To Centre
- 3-4 Swivel Left Toe And Right Heel To Left Side, Return Feet To Centre
- 5-6 Swivel Right Toe And Left Heel To Right Side, Swivel Right Heel And Left Toe To Right Side
- 7-8 Taking Weight Onto Right Heel And Left Toe Swivel Both Toes To Right, Return Feet To Centre

**B7: APPLE JACK (LEFT, RIGHT), PIGEON TOED LEFT, SWIVET LEFT**

- 1-2 Swivel Left Toe And Right Heel To Left Side, Return Feet To Centre
- 3-4 Swivel Right Toe And Left Heel To Right Side, Return Feet To Centre
- 5-6 Swivel Left Toe And Right Heel To Left Side, Swivel Left Heel And Right Toe To Left Side
- 7-8 Taking Weight Onto Left Heel And Right Toe Swivel Both Toes To Left, Return Feet To Centre

**RESTART: after first 24 count of the 7th repetition, restart dance from the beginning (last 4 count 21-24 to make Rock Back Right, 2 Stomp Right Beside Left)**

**Last repetition (A\*B) start in first wall and during 2nd sequence, the Turns are 1/2 to Left and not 1/4 to Left**

**TAG: after 10th repetition, to make the 5th and 6th sequence of Part A but last 4 count to make Spin Full Turn Right on place on right foot in two beat of music, after Stomp left beside right, Hold).**

**To end Tag to make last two sequence of Part B**

**FINAL: performed after Tag**

**F1: RIGHT SIDE, STOMP UP, LEFT SIDE, STOMP UP, (REPEAT ALL 2 TIMES) & SCUFF**

- 1-2 Step Right To Right Side, Stomp Up Left Beside Right

- 3-4 Step Left To Left Side, Stomp Up Right Beside Left
- 5-6 Repeat 1-2
- 7-8 Step Left To Left Side, Scuff Right Beside Left

**F2: ROCKING CHAIR FORWARD RIGHT, PIVOT 1/2 RIGHT (TWICE)**

- 1-2 Rock Right Forward, Return On Left
- 3-4 Rock Right Back, Return On Left
- 5-6 Step Right Forward, Pivot 1/2 Turn Left
- 7-8 Repeat 5-6

**F3: RIGHT SIDE, STOMP UP, LEFT SIDE, STOMP UP, (REPEAT ALL 2 TIMES) & SCUFF**

- 1-2 Step Right To Right Side, Stomp Up Left Beside Right
- 3-4 Step Left To Left Side, Stomp Up Right Beside Left
- 5-6 Repeat 1-2
- 7-8 Step Left To Left Side, Scuff Right Beside Left

**F4: ROCKING CHAIR FORWARD RIGHT, STEP, SPIN FULL TURN LEFT, STOMP, HOLD**

- 1-2 Rock Right Forward, Return On Left
- 3-4 Rock Right Back, Return On Left
- 5-6 Step Right Forward, Spin Full Turn Left Executed On Left Over One Beat Of Music
- 7-8 Stomp Right Forward, Hold

**F5: SWIVEL RIGHT FOOT, STOMP, HOLD**

- 1-2 Swivel Right Foot To Right Side (Toe, Heel)
- 3-4 Swivel Right Toe To Right Side, Swivel Right Toe To Left Side
- 5-6 Swivel Right Heel To Left Side, Flick Up Back Right
- 7-8 Stomp Right Forward, Hold

**F6: KICK, CORKSCREW, SCUFF, SCOOT, STOMP**

- 1-2 Kick Left Forward, Cross Left Over Right
- 3-4 Full Turn To Right Onto The Balls Of Both Feet in Two Beat
- 5-6-7 Scuff Left Beside Right, Jump Forward On Right Hitching Other Knee, Stomp Left Forward

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