

My Church

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: High Beginner
编舞者: Jean Welser (USA) - February 2016
音乐: My Church - Maren Morris



#16 count intro

S1: CHARLESTON STEP (On the chorus walls, "Can I get a hallelujah..." hands should be in the air, waiving)

1-2, 3-4 Right foot forward, twist toe, and step back
5-6, 7-8 Left foot back, twist toe, and step forward

S2: TAPS AND VINES

1,2,3,4 Vine right four steps – right to side, left behind, right to side, left step together
5,6,7,8 Tap three times with right toe to right side and hold one count (right hand with index finger pointed should wave with each tap to emphasize beat)
1,2,3,4 Vine back to left three steps –right behind, left to side, right cross over left-and hold one count

S3: MAMBOS AND TURN

5,6,7,8 Make a quarter turn left (9:00) and mambo left – left forward, right in place, left back and hold
1,2,3,4 Mambo right – right forward, left in place, right back and hold
5,6,7,8 Make a half turn left – left forward, right forward, pivot on left foot (face 3:00 wall) and hold one count

S4: BACK STEPS AND HEEL STEPS

1-2, 3-4 Walk backwards right, left (stepping toe heel for two counts each step, almost moonwalk style)
5-6, 7-8 Walk backwards right, left (again, toe heel)

1-2, 3-4 Right heel forward, step back down, left heel forward, step back down
5-6, 7-8 Point right toe down, then stomp right foot

S5: JAZZ BOX AND HEEL TWISTS

1-2, 3-4 Jazz box with quarter turn to the right – right cross over left, left foot diagonal back
5-6, 7-8 (Continue) Step right to 6:00 wall, step left together to complete quarter turn

1,2,3,4 Keeping toes together, swing heels left, center, right, center fast
5,6, 7,8 Flick right foot, throw hands in air(5), hold one count(6), touch right toe down(7) and hold (8) preparing to begin dance again with right forward Charleston step

PERFORMANCE NOTES:

(1) There is a slight "internal" Tag on 3rd wall when singer draws out the word "escape" [ct. 48] – do the toe point and stomp sequence twice

(2) There is a Restart on wall 5 after the mambos [28 counts and a pause].
There is time to do a brief twist, if desired (3)

At end of song, repeat the jazz box, heel swing, and flick sequence three times

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