

Slippin' and slidin'

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Low Intermediate
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音乐: Slippin' and Slidin' - Shakin' Stevens



Start with the lyrics of the song .

SLAP, SLAP, SWIVELS

- 1 - Lift the right knee and right hand hit the outside of the foot .
- 2 - Foot right to the site.
- 3 - Raise your right knee and right hand hit the outside of the foot .
- 4 - Foot right to the site.
- 5 - Bring both heels to right .
- 6 - Bring both heels to center .
- 7 - Bring both heels to right .
- 8 - Bring both heels to center .

SLAP, SLAP, SWIVELS

- 9 - Raise the left knee and left hand hitting the outside of the foot .
- 10 - Foot left to the site .
- 11 - Raise the left knee and left hand hitting the outside of the foot .
- 12 - Foot left to the site.
- 13 - Bring both heels to the left .
- 14 - Bring both heels to center .
- 15 - Bring both heels to the left .
- 16 - Bring both heels to center .

ROCKING CHAIR, JAZZ BOX

- 17 - Rock forward with right foot.
- 18 - Recover weight on left foot.
- 19 - Rock back with right foot.
- 20 - Recover weight on left foot.
- 21 - Cross right foot behind left foot.
- 22 - Step back with left foot.
- 23 - Step with right foot to right side .
- 24 - Left foot next to right foot.

KICK KICK, TOE STRUTS

- 25 - Kick forward with right foot.
- 26 - Step forward with right foot.
- 27 - Kick forward with left foot.
- 28 - Step forward with left foot.
- 29 - Point the right foot forward .
- 30 - Lower the foot.
- 31 - Point the left foot forward .
- 32 - Lower the foot.

(optional)

Instead of making the struts toe , you can also do the following ...

RIGHT TOE STRUT BACK ½ TURN, LEFT TOE STRUT FWD TURN

- 29 - right toe front
- 30 - making ½ turn left foot down .
- 31 - left toe behind .

32 - making ½ turn left foot down

GRAPEVINE, ROLLIN VINE

- 33 - Step with right foot to right side .
- 34 - Cross with left foot behind the right foot.
- 35 - Step with right foot to right side .
- 36 - Point left to left side .
- 37 - Turn ¼ turn left stepping on left foot forward .
- 38 - Turn ½ turn left leaving the right back .
- 39 - Turn ¼ turn left leaving the left foot to the side .
- 40 - Step right to side with the left foot.

STOMP, PIVOT, TRAVELING TOE-HEEL SWIVELS

- 41 - Stomp forward with right foot.
- 42 - Hold .
- 43 - Turn ½ turn left .
- 44 - Hold .
- 45 - Swivel left heel to the right and touch right near the left edge .
- 46 - Swivel left end to the right and Touch right heel near the left .
- 47 - Swivel left heel to the right and touch right near the left edge .
- 48 - Swivel left end to the right and Touch right heel near the left .

TAG: At the end of the sixth wall, add these 4 steps :

CROSS, FULL TURN

- 1 - Cross right over left
- 2-3-4 - swing a full turn on two feet.

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