

The Michigan in Me

COPPER KNOB
STEPPERS

拍数: 164 墙数: 1 级数: Phrased Beginner
编舞者: Debby McMullen (USA) - February 2017
音乐: The Michigan In Me - Jeff Daniels



Sequence: A, B, C, DD, CC, DD, EE, F, G, HHH, III, J, KK, L

PART A: 16c

WALK WALK SHUFFLE, WALK WALK SHUFFLE

1-2 Step Rf fwd, Step Lf fwd,
3&4 Shuffle fwd (RLR)
5-6 Step LF fwd, Step RF fwd,
7&8 Shuffle fwd (LRL)

BACK BACK SHUFFLE, BACK BACK SHUFFLE

1-2 Step Rf back, Step Lf back,
3&4 Shuffle back(RLR)
5-6 Step LF back, Step RF back,
7&8 Shuffle back (LRL)

PART B: 16c

ROCK FORWARD, SIDE, BACK, SHUFFLE RIGHT

1-2 Rock fwd Rf, Recover
3-4 Rock right Rf, Recover
5-6 Rock back Rf, Recover
7&8 Shuffle to right (RLR)

ROCK FORWARD, SIDE, BACK, SHUFFLE LEFT

1-2 Rock fwd Lf, Recover
3-4 Rock left Lf, Recover
5-6 Rock back Lf, Recover
7&8 Shuffle to left (LRL)

PART C: 16 c

WALK IN A HALF-CIRCLE TO FACE BACK, SWAY RLRL

1-2-3-4 Step Rf, Step Lf, Step Rf, Step Lf (Make ½ circle & end facing back)
5-6-7-8 Sway 4 times (RLRL) with shoulder movements

WALK IN A HALF-CIRCLE TO FACE FRONT, SWAY RLRL

1-2-3-4 Step Rf, Step Lf, Step Rf, Step Lf (Make ½ circle & end facing front)
5-6-7-8 Sway 4 times (RLRL) with shoulder movements

PART D: 16c

KICK STEP, KICK STEP, KICK STEP, KICK STEP, KICK BACK SIDE FRONT, VINE TO LEFT

1&2&3&4& Kick step Rf, Kick Step Lf, Kick step Rf, Kick Step Lf (moving to right)
5&6& Kick Rf, step Rf behind Lf, Step Lf to left, Cross Rf over Lf
7&8& Step LF to left, step Rf behind Lf, Step LF to left, Cross RF over LF

KICK STEP, KICK STEP, KICK STEP, KICK STEP, KICK BACK SIDE FRONT, VINE TO RIGHT

1&2&3&4& Kick Step Lf, Kick Step Rf, Kick Step Lf, Kick Step Rf (moving to left)
5&6& Kick Lf, step Lf behind Rf, Step Rf to right, Cross Lf over Rf
7&8& Step Rf to right, step Lf behind Rf, Step Rf to right, Cross Lf over Rf

PART E: 16c

STEP ¼ RIGHT, TOUCH, STEP ¼ LEFT, STEP

1-2-3-4 Turn ¼ right and Step Rf, Touch Lf behind Rf

5-6-7-8 Turn ¼ left and Step Lf, Step Rf next to Lf

STEP ¼ LEFT, TOUCH, STEP ¼ RIGHT, STEP

1-2-3-4 Turn ¼ left and Step Lf, Touch Rf behind Lf

5-6-7-8 Turn ¼ right and Step Rf, Step Lf next to Rf

PART F: 8c

SHUFFLE TO RIGHT, ROCK BACK ON LF, RECOVER, SHUFFLE TO LEFT, ROCK BACK ON RF, RECOVER

1&2-3-4 Shuffle to right, rock back on Lf, Recover

5&6-7-8 Shuffle to left, rock back on Rf, Recover

PART G: 16c

FACE 3:00 WALL. WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE, MAKING A LARGE ½ CIRCLE (9:00)

1-2-3&4 Face 3:00 Wall, Step Rf, Step Lf, Step Rf, Step Lf next to Rf, Step Rf

5-6-7&8 Step Lf, Step Rf, Step Lf, Step Rf next to Lf, Step Lf

FACING 9:00 WALL, WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE (IN A STRAIGHT LINE)

1-2-3&4 Step Rf, Step Lf, Step Rf, Step Lf next to Rf, Step Rf

5-6-7&8 Step Lf, Step Rf, Step Lf, Step Rf next to Lf, Step Lf

PART H: 8c

ARM MOVEMENT (FACING 9:00): RIGHT ARM UP, LEFT ARM UP, RIGHT ARM DOWN, LEFT ARM DOWN.

Facing 9:00, stand with Rf forward and right knee bent and arms straight down.

Arm Movements are:

1-2 Raise right arm straight forward and overhead

3-4 Raise left arm straight forward and overhead

5-6 Lower right arm to original position

7-8 Lower left arm to original position

PART I: 8c

ARM MOVEMENT (FACING 3:00): LEFT ARM UP, RIGHT ARM UP, LEFT ARM DOWN, RIGHT ARM DOWN.

Facing 3:00, stand with Lf forward and left knee bent and arms straight down.

Arm Movements are:

1-2 Raise left arm straight forward and overhead

3-4 Raise right arm straight forward and overhead

5-6 Lower left arm to original position

7-8 Lower right arm to original position

PART J: 16c

STEP, CROSS, STEP, CROSS, SHUFFLE, ROCK BACK, RECOVER

Facing 3:00, and moving diagonally forward and to the right:

1-2-3-4 Step Rf to right, Cross Lf over Rf, Step Rf to right, Cross Lf over Rf (make figure 8s with right hand)

5&6-7-8 Step RF to right, Step Lf next to Rf, Step Rf to right, Rock back on Lf, Recover

STEP, CROSS, STEP, CROSS, SHUFFLE, ROCK BACK, RECOVER

Facing 12:00, moving diagonally forward and to the left:

1-2-3-4 Step LF to left, Cross Rf over Lf, Step LF to left, Cross Rf over Lf (make figure 8 with left hand)

5&6-7-8 Step LF to left, Step Rf next to Lf, Step Lf to right, Rock back on Rf, Recover

PART K: 16c

STEP, CROSS, STEP, CROSS, SHUFFLE, ROCK BACK, RECOVER

Facing 12:00, and moving to the right:

- 1-2-3-4 Step Rf to right, Cross Lf over Rf, Step Rf to right, Cross Lf over Rf (make figure 8s with right hand)
5&6-7-8 Step RF to right, Step Lf next to Rf, Step Rf to right, Rock back on Lf, Recover

STEP, CROSS, STEP, CROSS, SHUFFLE, ROCK BACK, RECOVER

Facing 12:00, moving to the left:

- 1-2-3-4 Step LF to left, Cross Rf over Lf, Step LF to left, Cross Rf over Lf (make figure 8s with left hand)
5&6-7-8 Step LF to left, Step Rf next to Lf, Step Lf to left, Rock back on Rf, Recover

PART L: 12c

WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE

Facing 3:00 and making a half circle to the left:

- 1-2-3&4 Step Rf, Step Lf, Step forward on Rf, Step Lf next to Rf, Step forward on Rf
5-6-7&8 Step LF, Step RF, Step forward on Lf, Step Rf next to Lf, Step forward on Lf

WALK, WALK, SHUFFLE, SWING ARMS, TURN ¼ RIGHT AND POSE WITH MICHIGAN HAND POSITION

Facing 9:00:

- 1-2-3&4 Step Rf, Step Lf, Step forward on Rf, Step Lf next to Rf, Step forward on Rf

Swing arms across chest, open above head, and back down to sides.

Turn to the right with hands in front of body, fingers extended and palms facing in. Hold left hand with fingers extending upward, and right hand directly above, with fingers extending to the left.

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