

Pins and Needles

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Intermediate / Advanced
编舞者: Brenna Stith (USA), Dustin Betts (USA) & Joey Warren (USA) - April 2017
音乐: Voodoo - Bryce Fox



Sequence: A A B Tag A A B A B
#16 count intro, Start on lyrics

Part A- 32 counts

A1: WALK X2, ANCHOR STEP, BALL CROSS, ¼ TURN, 1/8 CHUG TURN X2

- 1 2 Walk fwd R, L (12:00)
- 3 & 4 Cross R slightly behind L, Step L in place, Step R back (12:00)
- & 5 6 Step L next to R, Cross R over L, Make a ¼ turn L stepping fwd on L (9:00)
- 7 8 Make a 1/8 turn L pushing R to side, Make a 1/8 turn L pushing R to side (6:00)

A2: BALL CROSS, SIDE ROCK RECOVER, WEAVE W/TOUCH BEHIND, UNWIND FULL TURN, SIDE ROCK RECOVER, TRIPLE FULL TURN W/ SWEEP

- & 1 2 & Step L next to R, Cross R over L, Rock L to side, Recover onto R (6:00)
- 3 & 4 Cross L over R, Step R to side, Touch L behind R (6:00)
- 5 6 7 Make a full turn L placing weight onto L, Rock R to side, Recover onto L (6:00)
- 8 & 1 Make a full turn R stepping R, L, R as you sweep L fwd on count 1 (6:00)

A3: WEAVE W/ SWEEP, WEAVE, TOE HEEL CROSS X2

- 2 & 3 Cross L over R, Step R to side, Cross L behind R as you sweep R back (6:00)
- 4 & 5 Cross R behind L, Step L to side, Cross R over L (6:00)
- & 6 & Touch L toe beside R, Touch L heel beside R, Cross L over R (6:00)
- 7 & 8 Touch R toe beside L, Touch R heel beside L, Cross R over L (6:00)

A4: SIDE, BACK ROCK RECOVER, SHUFFLE ¼ TURN, ½ Turn, ROCK RECOVER, SHUFFLE ½ TURN, ¼ TURN BALL STEP

- & 1 2 Step L to side, Rock R behind L, Recover onto L (6:00)
- 3 & 4 Make a ¼ turn L stepping back on R, Step L beside R, Step back on R (3:00)
- & 5 6 Make a ½ turn L stepping fwd on L, Rock fwd on R, Recover onto L (9:00)
- 7 & 8 Make a ½ turn R stepping fwd on R, Step L beside R, Step fwd on R (3:00)
- & 1 Make a ¼ turn R stepping fwd on L, Step fwd on R to begin parts A or B (6:00)

Part B- 32 counts

B1: SIDE ROCK RECOVER CROSS X2, ROCK RECOVER, SHUFFLE ¾ TURN W/ CROSS

- 2 & 3 Rock L to side, Recover onto R, Cross L over R (12:00)
- 4 & 5 Rock R to side, Recover onto L, Cross R over L (12:00)
- 6 7 Rock fwd on L, Recover onto R (12:00)
- 8 & 1 Make a ½ turn L stepping fwd on L, Step R beside L, Make a ¼ turn L crossing L over R (3:00)

B2: SIDE ROCK RECOVER, KICK CROSS POINT, SAILOR STEP X2

- 2 & Rock R to side, Recover onto L (3:00)
- 3 & 4 Kick R fwd, Cross R over L, Point L to side (3:00)
- 5 & 6 Step L behind R, Step R to side, Step fwd on L (3:00)
- 7 & 8 Step R behind L, Step L to side, Step fwd on R (3:00)

B3: ¾ BOX TURN, SAILOR STEP X2

- 1 2 Step L to side, Make a ¼ turn L stepping R to side (12:00)
- 3 4 Make a ¼ turn L stepping L to side, Make a ¼ turn L stepping R to side (6:00)

- 5 & 6 Step L behind R, Step R to side, Step fwd on L (6:00)
7 & 8 Step R behind L, Step L to side, Step fwd on R (6:00)

B4: CROSS SIDE BACK X2, CROSS SIDE, ARM MOVEMENTS

- 1 & 2 Cross L over R, Step R to side, Step back on L (6:00)
& 3 & Cross R over L, Step L to side, Step back on R (6:00)
4 & Cross L over R, Step R to side (6:00)
5 & As you step L to side lift both arms up [bent at elbows and fingertips pointing to ground], Raise forearms up to chest level [fingertips pointing forward and palms facing down] (6:00)
6 & Bring hands into chest with left hand on top of right [arms still bent at elbows], Take arms back out to same position as before [fingertips pointing forward and palms facing down] (6:00)
7 & Leaving arms in air [bent at elbows] look left, Look back to center (6:00)
8 & Rotate R arm up so fingertips are pointing to ceiling and rotate L arm down so fingertips are pointing to ground [arms still bent at elbows], Rotate R arm down so fingertips are pointing to ground and rotate L arm up so fingertips are pointing to ceiling [arms still bent at elbows] (6:00)

****□As you do the arm movements on counts [8 &]: Small step back on R as you rotate R arm up and L down [count 8], Step L beside R as you rotate L arm up and R down [count &]

Tag- 8 counts

At the end of the 1st "B". You will be facing the 6:00 wall.

WALK X2, ANCHOR STEP, BALL CROSS, ¼ TURN, ¼ CHUG TURN, PIVOT ½ TURN

- 1 2 Walk fwd R, L
3 & 4 Cross R slightly behind L, Step L in place, Step R back
& 5 6 Step L next to R, Cross R over L, Make a ¼ turn L stepping fwd on L
7 8 & Make a ¼ turn L pushing R to side, Step fwd R, Make a ½ turn L placing weight onto L
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