

Cat In A Hole (aka Jazz Man)

COPPERKNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Phrased Intermediate
编舞者: Debi Pancoast (USA) - May 2017
音乐: Jazz Man - Beth Hart



Intro is 32 counts (18 secs) to vocals starting on the word "three"

Sequence: V – C – TagStart* – V – C – V – V – C – V (32ct/end)

Debi's 2φ: Picture the Ol' Soft Shoe... knees slightly bent, ankles loose, arms free at waist height, lots of humor and fun. Please play around, add your own style and personality, experiment with timing and most of all, enjoy!

VERSE (64 cts)

V[1 – 8] □ SWIVEL WALK BACK (Slow R, Slow L, Singles R, L, R, Hold)

1-2 1-2) Slow step back R w/ bent knee leaving L heel on ground (L toes fan to left)
3-4 3-4) Slow step back L w/ bent knee leaving R heel on ground (R toes fan to right)
5,6,7,8 5) Swivel Walk Back R; 6) Swivel Walk back L; 7) Swivel Walk back R; 8) Hold*

V[9 – 16] □ L SAILOR STEP, QUICK WEAVE L, BRUSH-BALL-TAP-STEP-HEEL-BALL-STEP

1&2 1) Step L behind R; &) Step side R; 2) Step Side L
3&4 3) Step R behind L; &) Step side L opening to corner [11:00 diagonal]; 4) Step fwd R [11:00 diagonal]
5&6& Towards corner: 5) Brush fwd w/ ball of L; &) Step on L; 6) Tap toe of R in place; &) Step in place R
7&8 7) Touch L heel fwd; &) Step together on ball of L; 8) Step fwd R

V[17-24] □ STEP, TURN, BACK, KICK, 3CT JAZZ BOX, KICK

1,2 1) Step fwd L [11:00 diagonal]; 2) Turn 1/2 right taking weight on R [5:00 diagonal]
3,4 3) Turn 1/4 right stepping back L [8:00 diagonal]; 4) Low pointed kick fwd R
5,6,7,8 5) Square up to 9:00 stepping R across L; 6) Step back L; 7) Step side R; 8) Low pointed kick fwd L

V[25-32] □ CROSS, SIDE, CROSS, HOLD, 4CT UNWIND FULL TURN

1,2,3,4 1) Step L across R; 2) Step side R; 3) Step L across R; 4) Hold
5-8 Slow unwind full turn to right ending w/ R across L and weight on R (let L just start to sweep around to front on ct 8) [9:00]

V[33-40] □ "SLINKY" CROSS WALK (Slow L, Slow R, Slow L), SIDE ROCK, RECOVER

1-2,3-4,5-6 1-2) Slow step L fwd and slightly across R; 3-4) Slow step R fwd and slightly across L; 5-6) Slow step L fwd and slightly across R
7,8 7) Rock side R; 8) Recover weight L

V[41-48] □ BACK, POINT, BACK, SIDE KICK-BALL-CHANGE, STEP, 1/2 L, 1/2 L

1,2,3 1) Step back R; 2) Touch/Point toes side L; 3) Step back L
4&5,6 4) Low pointed kick side R; &) Step together on ball of R; 5) Step slightly fwd L; 6) Step fwd R
7,8 7) Turn 1/2 left taking weight on L [3:00]; 8) Turn 1/2 left stepping back R [9:00]

V[49-56] □ STEP BACK L, DRAG, BALL-STEP, WALK, WALK, SLOW CHASE TURN L (Prep)

1-2&3 1-2) Big step back L dragging R heel in; &) Step together on ball of R; 3) Step fwd L
4,5,6,7,8 4,5,6) Walk strongly fwd R, L, R; 7) Turn 1/2 left taking weight on L [3:00]; 8) "Prep" step fwd R (Upper body torqued left)

V[57-64] □ "REVERSE" 1/2 R, 1/2 R, STEP, HOLD, STEP, 1/2 L, 1/2 L, 1/4 L SIDE ROCK

- 1,2,3,4 1) Turn 1/2 right stepping back L [9:00]; 2) Turn 1/2 right stepping fwd R [3:00]; 3) Step fwd L; 4) Hold
- 5,6 5) Step forward R; 6) Turn 1/2 left taking weight on L [9:00]; 7) Turn 1/2 left stepping back R [3:00]; 8) Turn 1/4 left rocking side L [12:00]

CHORUS (32 cts)**C[1 – 8] □ SOFT SHOE SYNCOPATED GRAPEVINE R, STEP-BALL-STEP-BALL-STEP FULL TURN R**

- 1-2&3,4,5 1) Step side R; 2) Step L behind R; &) Step side R; 3) Step L across R; 4) Step side R; 5) Step L behind R
- 6&7&8 Full turn to right in place to face 12:00: 6) Turn 1/4 right stepping slightly fwd R [3:00]; &) Step on ball of L; 7) Turn 3/8 right stepping on R [8:00]; &) Step on ball of L; 8) Turn 3/8 right stepping on R [12:00]

C[9 – 15] □ SOFT SHOE SYNCOPATED GRAPEVINE L, STEP-BALL-STEP 3/4 TURN L

- 1-2&3,4,5 1) Step side L; 2) Step R behind L; &) Step side L; 3) Step R across L; 4) Step side L; 5) Step R behind L
- 6&7 Turn 3/4 to left in place to face 3:00: 6) Turn 1/4 left stepping slightly fwd L [9:00]; &) Turn 1/4 left stepping on ball of R [6:00] 7) Turn 1/4 left stepping on L [3:00]

C[16-24] □ SIDE KICK-BALL, SHORTY GEORGE (L, R, L), SIDE KICK-BALL-CHANGE, SIDE KICK-BALL-CHANGE, 1/4 R

- 8& 8) Low pointed kick side R &) Step together on ball of R bending knees slightly
- 1,2,3 1) Step fwd L w/ slightly bent knees pushed left; 2) Step fwd R w/ slightly bent knees pushed right; 3) Step fwd L w/ slightly bent knees pushed left
- 4&5 4) Low pointed kick side R; &) Step together on ball of R bending knees slightly; 5) Small step fwd L w/ bent knees pushed left
- 6&7 6) Low pointed kick side R; &) Step together on ball of R bending knees slightly; 7) Small step fwd L w/ bent knees pushed left
- 8 8) Straighten up and turn 1/4 right stepping slightly fwd R [6:00]

C[25-32] □ ROLL 1/4 R, 1/2 R, BEHIND, SLOW UNWIND 3/4 L

- 1,2,3,4 1) Turn 1/4 right stepping side L [9:00]; 2) Turn 1/2 right stepping side R [3:00]; 3) Step L behind R, 4) Hold
- 5-8 Slow unwind 3/4 turn to left to face 6:00 ending w/ L across R and weight on L (This is your new 12:00 wall from top of dance)

***TAG/START (16 cts total): After first full rotation (96 cts V+C) you will be facing 6:00 as your new 12:00 reference wall...**

[1-8] □ Do counts 1-8 (Swivel Walk Back) of Verse, then add Tag: 9-16: L Sailor Step, R Sailor Step, Ball-Side Rock, Recover

- 1&2,3&4 1) Step L behind R; &) Step side R; 2) Step Side L; 3) Step R behind L; &) Step side L; 4) Step side R
- &5-6, 7,8 &) Step together on ball of L; 5) Rock/Sway Step Side R; 6) Hold; 7) Recover weight side L; 8) Hold

and Restart dance again from top of Verse.

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