

Dancin' In The Neon

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Jamie Marshall (USA) - May 2017
音乐: Dancin' in the Neon - Rachel Lipsky : (www.rachellipsky.com)



#32 Ct Intro

EASY INTERMEDIATE WITH IMPROVER OPTION

A. □WALK, WALK, TRIPLE, SWAY, SWAY, TRIPLE L

1,2 Step R forward (1), Step L forward (2)
3&4 Step R forward (3), Step L next to R (&), Step R forward (4)
5,6 Step L to L, swaying hips to L (5), Sway hips to R (6)
7&8 Step L to L (7), Step R next to L (&), Step L to L (8) (12:00)

B. □KICK & TAP & KICK & KICK & TAP & KICK & KICK & CROSS

1&2& Kick R forward (1), Step R next to L (&) Tap L behind R (2), Step L next to R (&)
3&4& Kick R forward (3), Step R next to L (&), Kick L forward (4), Step L next to R (&)
5&6& Tap R behind L (5), Step R next L (&), Kick L forward (6), Step L next to R (&)
7,8 Tap R next to L (7), Kick R forward (8) (12:00)

(Improver Option: Touch R to R (1), Step R next to L (&), Touch L to L (2), Step L next to R (&) – Repeat 3 more times or Touch R to R (1), Step R next to L (2), Touch L to L (3), Step L next to R (4), Repeat)

*Restart here during 4th Rotation of Dance

C. □STEP BACK, KICK, OUT, OUT, HOLD, KNEE POPS, R SAILOR

1,2 Step R back (1), Kick L forward (2)
&3,4 Step L to L (&), Step R to R (3), Hold (4)
&5 Raise heels, popping knees forward (&), Drop heels, straightening legs (5),
&6 Raise heels, popping knees forward (&), Drop heels, straightening legs (6) (weight on L)
7&8 Cross R behind L (7), Step L to L (&), Step R to R (8) (12:00)

D. □¼ L TURNING SAILOR, TURN ¼ LSTEP, BUMPING R HIP □FORWARD, JAZZ TRIANGLE

1&2 Cross L behind R (1), Turn ¼ L, stepping R to R (&), Step L to L (2) (9:00)
3,4 Step R forward, leading with R hip then bringing upper body forward (3), Turn ¼ L, stepping L in place, swaying hips to L (4) (6:00)
5,6 Cross R over L (5), Step L back (6)
7,8 Step R to R (7), Step L next to R (8) (6:00)

START AGAIN...

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