

Redneck Life

COPPER KNOB
STEPSHEETS

拍数: 60 墙数: 4 级数:
编舞者: Kim McCloughan (AUS) - September 2017
音乐: Redneck Life - Chris Janson : (Album: Everybody)



Original position: Feet together weight on left foot

THIS DANCE IS DONE IN 4 DIRECTIONS

INTRODUCTION:- 16 BEATS

S1: HEEL, TOGETHER, HEEL, HEEL, TOGETHER, HEEL TOGETHER, HEEL TOGETHER, DOUBLE KICK

1-2 Tap R Heel Forward, Tap R Toe Together.
3-4& Tap R Heel Forward, Tap R Heel Forward, Step R Together.
5&6& Tap L Heel Forward, Step L Together, Tap R Heel Forward, Step R Foot Together.
7-8 Kick L Foot Forward, Kick L Foot Forward.

S2: BACK, FORWARD, STEP TURN 360deg, V STEP

1-2 Step L Back Lifting R Foot Off The Ground, Step R Forward.
3-4 Turn 360deg R Step L Forward Hitch R Knee Up.
5-6 "V" Step, Step R Forward At 45deg Right, Step L Forward At 45deg Left.
7-8 Step R Back To The Centre, Step L Together

S3: SIDE, BEHIND ¼ R, ¼ JUMP, TWISTS

1-2 Step R To The Side, Step L Foot Behind Right.
3-4 Turn 90deg R Stepping R Forward, Turn 90deg R Jump Both Feet Together
(Alt: Step L Foot Beside R)
5-6 Twist Both Heels To The Left, Twist Both Toes To The Left.
7-8 Twist Both Heels To The Left, Twist Both Toes To The Left.

S4: ¼ BOX STEP, TOE STRUTS

1-2 Box Step Turning 90deg R, Step R Across Left, Step L Back.
3-4 Turn 90deg R Stepping R Forward, Step L Foot Forward.
5-6 Toe Strut- Touch Ball Of R Foot Forward, Drop R Heel.
7-8 Toe Strut- Touch Ball Of L Foot Forward, Drop L Heel.

S5: HEEL, TOE, HEEL, SIDE, FLICK BEHIND, POINT, FLICK INFRONT, ¼ R FLICK TO THE SIDE

1-2 Tap R Heel Forward, Tap R Toe Back
3-4 Tap R Heel Forward, Tap R Toe To The Right Side.
5-6 Flick R Foot Up Behind Left Leg Tap R Foot With L Hand, Tap R Toe To The Side.
7-8 Flick R Foot In front Of Left Leg Tap R Foot With L Hand, Turn 90degL Flick R Foot To The R Side Tap R Outside Of The Foot With R Hand.

S6: VINE ¼ TURN R ½ HITCH, BACK, ½ TURN HITCH, STEP FORWARD HITCH

1-2 Step R To The Side, Step L Foot Behind Right.
3-4 Turn 90degR Step R Foot Forward, Turn 180degR Hitching Left Knee Up.
5-6 Step Back On L Foot, Turn 180degR Hitching R Knee Up.
7-8 Step R Foot Forward, Hitch L Knee Up.

S7: PIVOT ¼ R, CROSS, TURN L ¾ STEP, QUICK ROCKING CHAIR, PIVOT ½, PIVOT ½

1&2 Step L Forward Pivot Turn 90degR, Step R To The Side, Cross L Foot Over R.
3&4 Turn 90degL Step R Foot Back, Turn 180degL Step L Foot Forward, Step R Foot Forward.
5&6& Quick Rocking Chair, Step Forward On L, Step Back On R, Step Back On L, Step Forward On R.

7&8& Step Forward L Pivot 180degR Step R Forward, Step Forward L Pivot 180degR Step R Forward.

S8: FORWARD, HOLD, AND STEP AND STEP

1-2& Step L Forward, Hold, Step R Together

3&4 Step L Forward, Step R Together, Step L Forward.

[60] REPEAT DANCE IN NEW DIRECTION

TAG: AT THE END OF WALL 4 ADD THE FOLLOWING TAG

1-2 Kick R Foot Forward, Kick Right Foot Forward

3-4 Tap R Toe Beside Left, Tap R Toe Beside L

ALTERNATIVE BITS FOR EXTRA FUN

ALT: FOR THE FIRST 8 COUNTS YOU CAN JUMP THE WHOLE SECTION EG:

1-2 Kick R Foot Forward Step R Beside L, Kick L Foot Forward Step L Together

3-4 Kick R Foot Forward, Kick R Foot Forward (While Bouncing On L Foot)

5-6 Step R Together Kick L Forward, Step It Together Kick R Foot Forward Step R Together

7-8 Kick L Foot Forward, Kick L Foot Forward(While Bouncing On R Foot)

Then Into The Dance As Normal

ADD JUMPS IN THE SECTION WITH THE TURNS AND HITCHES JUST MAKES IT MORE FUN

HAVE LOADS OF FUN WITH IT I SAY.....

Contact: emma1979lou@gmail.com
