

Holy Moly Guacamole

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Dan Albro (USA) & Dancin' Dean (USA) - May 2018
音乐: Holy Moly Guacamole - Jason Allen



Intro: 4 Count intro, Start on 2nd half of word: Guaca"mole"

[1-8] LUNGE, HOLD, & CROSS, SHUFFLE SIDE, HOLD, ROLL HIPS

1,2&3,4&5 Step side R, hold, step back on L, cross step R over L, step side L, step R next to L, step side L
6,7,8 Hold, roll hips counter clockwise ending weight on L

[9-16] SAILOR SHUFFLE, ½ TURNING SAILOR, OUT, OUT, HOLD, HEEL SWIVEL, HEEL SWIVEL

1&2 Cross step R behind L, step side L, step side R
3&4 Cross step on ball of L behind R turning ½ left, step R next to L, step L next to R
&5,6 Step side R, step side L, hold
&7&8 Swivel R heel in, swivel R heel back to center, swivel L heel in, swivel L heel back to center

[17-24] ROCK, REPLACE, SHUFFLE ½ TURN, ROCK, REPLACE, COASTER STEP

1,2,3& Rock fwd R, replace weight on L, turn ¼ right stepping side R, step L next to R
4,5,6 Turn ¼ right stepping fwd R, rock fwd L, replace weight on R
7&8 Step back on L, step R next to L, step fwd L

[25-32] ROCK, REPLACE & HEEL, CLAP, 2 HALF PIVOT TURNS

1,2&3,4 Rock fwd R, replace weight on L, step back on R, touch L heel fwd, hold (clap hands)
&5,6,7,8 Step L next to R, step fwd R, pivot ½ left (weight on left), step fwd R, pivot ½ left (weight on left)

[33-40] SHUFFLE FWD, ROCK, REPLACE, SHUFFLE BACK, ROCK, REPLACE

1&2,3,4 Step fwd R, step L next to R, step fwd R, rock fwd L, replace weight on R
5&6,7,8 Step back L, step R next to L, step back L, rock back R, replace weight on L

[41-48] SIDE, BEHIND & HEEL & CROSS, SIDE BEHIND, & HEEL & CROSS

1,2&3 Step side R, cross step L behind R, step side R, touch L heel fwd angle left
&4,5,6 Step back on L, cross step R over L, step side L, cross step R behind L
&7&8 Step side L, touch R heel fwd angle right, step back on R, cross step L over R

[49-56] SHUFFLE SIDE, ¼ TURN SHUFFLE SIDE, ¼ TURN SHUFFLE SIDE, ¼ TURN SHUFFLE SIDE

1&2,3&4 Step side R, step L next to R, step side R, turn ¼ left stepping side L, step R next to L, step side L
5&6 Turn ¼ left stepping side R, step L next to R, step side R
7&8 Turn ¼ left stepping side L, step R next to L, step side L

[57-64] JAZZ BOX, OUT, OUT, ELVIS KNEES

1,2,3,4 Cross step R over L, step back on L, step side R, step fwd L
&5,6,7,8 Step side R, step side L, bring R knee in towards L, bring L knee in towards R, bring R knee in to L

*** Mid-life Crisis: At the end for wall 2, facing 6:00 repeat steps 33-64**

Optional ending: At the end of the 4th wall, facing 12:00, the song has a false ending. You can stop here with the elvis knees. OR...you can do the dance one more time through, the drums will lead you in.

