

Dancin' On My Grave

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate / Advanced
编舞者: Rodney Thompson (USA) - August 2018
音乐: Dancin' On My Grave - Rascal Flatts : (Spotify)



Count-in 16 counts;

Sequence: A B A B A1 A1 B1 B1(Tag) C B

Part A (42 counts)

A[1-8] Rock, Recover, Behind and Cross (x2)

1,2,3&4 Step R to R side(1), Recover weight to L(2), Step R behind L(3), Step L out(&), Step R across L(4)
5,6,7&8 Step L to L side(5), Recover weight to R(6), Step L behind R(7), Step R out(&), Step L across R(8)

A[9-16] Shuffle R, Rock, Shuffle ½ Turn, R Heel, L Heel

1&2,3,4 Step R forward(1), Slide L behind R(&), Step R forward(2), Step L forward(3), Recover weight to R(4)
5&6,7,8 Step ½ turn L(5), Slide R behind L(&), Step L forward(6), R Heel forward(7), L Heel forward(8)

A[17-24] R Toe, L Heel, R, L, Out, In, Hips, Hips

1,2,3,4 R Toe behind(1), L Heel forward(2), Step R forward(3), Step L forward(4)
5,6,7,8 Hop both feet Out(5), Hop both feet back In(6), 2x Hip Rolls (or a 2-count slow roll)(7,8)

A[25-32] Shuffle R, Shuffle ½ Turn, Kick-Ball-Change, R, L

1&2 Step R ¼ turn R(1), Slide L behind R(&), Step R(2),
3&4 Step L ¼ turn to R(3), Slide R ¼ turn beside L(&), Step back L(4) (total ½ turn clockwise)
5&6,7,8 Kick R forward(5), Step R down(&), Step L beside R(6), Step R forward(7), Step L forward(8)

A[33-40] Wizard R, Wizard L, Stomp, Clap, Hop, Clap/Clap

1,2& Step R diagonal forward(1), Step L behind R(2), Step R diagonal forward(&)
3,4& Side L diagonal forward(3), Step R behind L(4), Step L diagonal forward(&)
5,6 Stomp R diagonal forward(5), Clap(6)
&7&8 Hop forward diagonal R bringing down L foot(&), bring down R foot(7), Clap(&), Clap(8)

A[41-42] Hips, Hips

1, 2 Step R to ¼ turn to the L swaying hips R(1), Step L swaying hips L(2)

Part A1 (16 counts)

First 14 counts of A, + Hop, Hop

7, 8 Hop on both feet with hip thrust up x2 (instead of R Heel, L Heel)

Part B (48 counts)

B[1-8] Forward, Back, Scuff, Stomp, Twist & Twist, Sailor Step

1&2&3,4 Step R forward(1), Recover on L(&), Step back R(2), Recover on L(&), Scuff R(3), Stomp R forward(4)
5&6 Twist heels and hips R (for a ¼ turn L) (5), Twist heels and hips back to L(&), Twist heels and hips R(6)
7&8 Step L behind R(7), Step R beside L (&), Step L to L side(8)

B[9-16] Cross, Cross, Slide L, Together, Heel, Heel, Heel Hook

1&2,3,4 Cross R over L(1), Slide L behind R(&), Cross R over L(2), Slide L far to L(3), Bring R beside L(4)

5,6,7&8 R Heel(5), L Heel(6), R Heel(7), Hook R Heel up in-front of L shin(&), Touch R beside L(8)

B[17-24] Shuffle R, Shuffle ½ Turn, Spin 1 ½ Times (clockwise)

1&2 Step R ¼ turn R(1), Slide L behind R(&), Step R(2),

3&4 Step L ¼ turn to R(3), Slide R ¼ turn beside L(&), Step back L(4) (total ½ turn clockwise)

5,6,7,8 Step R ½ Turn(5), Step L ½ Turn(6), Step R ½ Turn(7), Step L beside R(8)

B[25-32] Shimmy R, Clap, Shimmy L, Clap/Clap

1,2,3,4 Step R far to R, Bend knees and shake hips while sliding L beside R(1-3), Clap (4)

5,6,7&8 Step L far to L, Bend knees and shake hips while sliding R beside L(5-7), Clap(&), Clap(8)

B[33-40] R Heel, L Heel, R Toe Point, L Toe Point, R Toe Point, R Hitch, Cross Behind, Unwind

1,2,3,4 R Heel forward(1), L Heel forward(2), R toe point to R(3), L toe point to L(4)

5&6,7,8 R toe point R(5), Hitch R knee up to waist(&), Return R toe out to R(6), R behind L(7), ½ Turn to R(8)

B[41-48] Heel, Heel, Heel Hook x2

1,2&3,4 R Heel(1), L Heel(2), R Heel(3), Hook R Heel up in-front of L shin(&), Return R beside L(4)

5,6&7,8 L Heel(5), R Heel(6), L Heel(7), Hook L Heel up in-front of R shin(&), Return L beside L(8)

Part B1 (16 counts)

First 16 counts of B

#4 Count Tag after 2nd time thru B1 – Hips R(1), Hips L(2), Circle Hips(3-4)

Part C (24 counts)

C[1-8] Hoedown R, Hoedown L, Hoedown R, ½ Lasso Turn

1&2& Step R out R pumping both fists down toward R knee(1), Lift R heel and bring fists up to waist (&), Lower R knee and pump fists to R knee(2), bring fists up to waist(&)

3&4& Step L out L pumping both fists down toward L knee(3), Lift L heel and bring fists up to waist (&), Lower L knee and pump fists to L knee(4), bring fists up to waist(&)

5&6& Step R out R pumping both fists down toward R knee(5), Lift R heel and bring fists up to waist (&), Lower R knee and pump fists to R knee(6), bring fists up to waist(&)

7,8 Hop ¼ counterclockwise while lasso arm above head x2 (7,8)

C[9-16] Repeat 1-8 count again

C[17-24] Jack Step R, Jack Step L, Jack Step R, Cross, Unwind

1&2& Step R(1), Cross L over R(&), Step R beside L(2), L Heel to diagonal L(&)

3&4& Step L(3), Cross R over L(&), Step L beside R(4), R Heel to diagonal R(&)

5&6& Step R(5), Cross L over R(&), Step R beside L(6), L Heel to diagonal L(&)

7&8 Step L(7), Cross R over L(&), Turn ½ counterclockwise(8),

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