

Jul igjen

COPPER KNOB
STEPPSHEETS

拍数: 48 墙数: 2 级数: Phrased Improver
编舞者: Gunn M. S. Skår (NOR) - November 2018
音乐: Nå er det jul by Murdrocks, Herman Dahl, Agnetesh, Stina Talling and Isabelle Eriksen



Intro: Start on Vocals – Sequence: AA BB Tag AA BBBB Tag BBB Ending

Part A: 32 counts

A[1–8] Step fwd R - L, Rocking Chair, Toe Struts, Step, ½ turn L, Step

1-2 Step RF forward, Step LF forward
3&4& Rock forward on RF, Recover onto LF, Rock back on RF, Recover onto LF
5&6& RF step forward on toe, RF heel down, LF step forward on toe, LF heel down
7&8 Step RF forward, ½ turn L and step LF forward, Step RF forward

A[9–16] Full turn R, Shuffle R, Cross and heel x2

1-2 Turn ½ R and step LF back, Turn ½ R and step RF forward
3&4 Shuffle forward LF, RF, LF
5&6& Cross RF over LF, Step LF to L, Touch R heel forward, Step RF next to LF
7&8 Cross LF over RF, Step RF to R, Touch L heel forward

A[17–24] ¼ Turn L x2, Shuffle ½ turn L, Kick x2, Step, Heel Swivels

1-2 Turn ¼ L and step LF forward, Turn ¼ L and step RF forward
3&4 Turn ½ L with shuffle forward LF, RF, LF
5&6& Kick RF forward, Step RF next to LF, Kick LF forward, Step LF next to RF
7&8 Step RF forward, swivel heels to R side, swivel heels back to center

A[25–32] Heel Bounces, Coaster Step, ½ Paddle Turn L with arm movements

1-2 ¼ turn L with both feet heel bounce x2 (end weight on RF)
3&4 Step LF back, Step RF next to LF, Step LF forward
5-6-7-8 1/8 turn L and touch RF to R x4 and move arms to the side and back next to hips
(5&6&7&8&)

Part B: 16 counts

B[1–8] Step, ½ turn L, Point fwd, Step back, Coaster Step, Step, ½ turn L

1-2 Step RF forward, ½ turn L and step LF forward and swing arms up and down (1&2&)
3-4 Point RF forward, Step RF back
5&6 Step LF back, Step RF next to LF, Step LF forward
7-8 Step RF forward, ½ turn L and step LF forward

B[9–16] Sweep, Cross, step back, side step, close, out, out, in, cross, unwind ½ turn R, side step, side touch and clap, side step, side touch and clap

1&2 Sweep RF from back to front, Cross RF over LF, step LF back
3&4& Step RF to R, Close LF next to RF, Step RF out, Step LF out
5&6 Step RF in, Cross LF over RF, unwind ½ turn R ending weight on LF
7&8& Step RF to R, Touch LF next to RF and clap, Step LF to L, Touch RF next to LF and clap

Tag

[1–4] Step, ½ turn L, Step, ½ turn L

1-2 Step RF forward, ½ turn L and step LF forward and swing arms up and down (1&2&)
3-4 Step RF forward, ½ turn L and step LF forward and swing arms up and down (3&4&)

Ending: Turn to the front wall

Merry Christmas! Have fun!

Contact: gmsandoy@online.no
