

# Applause...Lady

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Easy Beginner  
编舞者: Betty Lee (CAN) - August 2019  
音乐: Applause - Lady Gaga



Intro: 32 counts

Alternate music: "Happy" by Pharrell Williams

## Section 1. Step, Pivot ½ L, Cross Rock, Side Rock, Back Rock

1-2            Step Forward R, Pivot ½ Turn L (weight onto L) [6:00]  
3-4            Cross Step R over L, Recover onto L  
5-6            Rock Step R to R Side, Recover onto L  
7-8            Rock Step Back on R, Recover onto L

## Section 2. Step, Pivot ¼ L, Cross Rock, Side Rock, Back Rock

1-2            Step Forward R, Pivot ¼ Turn L (weight onto L) [3:00]  
3-4            Cross Step R over L, Recover onto L  
5-6            Rock Step R to R Side, Recover onto L  
7-8            Rock Step Back on R, Recover onto L

## Section 3. Lindy R, Lindy L

1&2            Step R to R side, Step L next to R, Step R to R side  
3-4            Rock Step back on L, Recover onto R  
5&6            Step L to L side, Step R next to L, Step L to L side  
7-8            Rock Step back on R, Recover onto L

### \*\*\* Easy option for section 3: Side, Together, Side, Touch; Side Together, Side, Touch

1-4            Step R to R side, Step L next to R, Step R to R side, Touch L next to R  
5-6            Step L to L side, Step R next to L, Step L to L side, Touch R next to L

## Section 4. R Side, Together, Heel Bounce X2 / Claps, L Side, Together, Heel Bounce X2 /Claps

1-2            Big Step R to R Side /Dragging L, Step L next to R  
&3            Lift both heels up on ball of feet (&), Drops heels & Clap hands (3)  
&4            Lift both heels up on ball of feet (&), Drops heels & Clap hands, ending wt. on R (4)  
5-6            Big Step L to L Side/Dragging R, Step R next to L  
&7            Lift both heels up on ball of feet (&), Drops heels & Clap hands (7)  
&8            Lift both heels up on ball of feet (&), Drops heels & Clap hands, ending wt. on L (8)

### \*\*\* Easy option for Section 4:

#### R Side, Together, Heel Bounce with claps, L Side, Together, Heel Bounce with claps

1-2            Step R to R Side, Step L next to R  
3-4            Lift both heels up on ball of feet, Drops heels & Clap hands  
5-6            Step L to L Side, Step R next to L  
7-8            Lift both heels up on ball of feet, Drops heels & Clap hands

REPEAT

\*\*\*Ending: Wall 14 ends facing 6:00, continue to dance 1st 4 counts of Section 1, recover weight to RF