

Quit The Show (CBA 2021)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate / Advanced
编舞者: Jef Camps (BEL) & Roy Verdonk (NL) - January 2021
音乐: Give It Up - Suzy V : (Album: Pages Full Of Thoughts EP)



Intro: 8 counts

S1: Kick-Ball-Cross, Step, Heel Swivel, Kick, Jazz Box, Side, Sailor 1/4

1&2 RF kick diagonally R forward, RF close on ball next to LF, LF cross over RF
3&4& RF step diagonally R forward, twist R heel out, bring R heel back to center, RF kick forward

Note: body facing 12:00

5&6& RF cross over LF, LF step back, RF step side, LF cross over RF
7-8& RF big step side, LF cross behind RF, RF step side & make 1/4 turn L (9:00)

S2: Step-Lock-Step, 3/4 Turn, Cross, Shoulder Pops, Side, Together, Cross

1&2 LF step forward, RF lock behind LF, LF step forward
3-4 1/2 turn L & RF step back, 1/4 turn L & LF step side (12:00)
5& RF cross over LF, pop R shoulder up as L shoulder goes down
6 pop L shoulder up as R shoulder goes down
&7-8 LF step side, RF close next to LF, LF cross over RF

S3: 1/2 Hinge Turn, Step-Lock-Step, 1/2 Chase Turn, Step & Rise, Toe Runs

1-2 1/4 turn L & RF step back, 1/4 turn L & LF step side (6:00)
3&4 RF step forward, LF lock behind RF, RF step forward
5&6 LF step forward, make 1/2 turn R putting weight on RF, LF step forward (12:00)
7-8& RF step forward & rise a little on R leg, run forward on toes L and then R

(Styling: for the runs you can do boogie walks)

S4: Step, 1/4 Pivot, Cross Shuffle, 1/4 Back, Side, Swivels to L, Flick

1-2 LF step forward, 1/4 turn R & put weight on RF (3:00)
3&4 LF cross over RF, RF step side, LF cross over RF
5-6 1/4 turn L & RF step back, LF step side (make sure toes of both feet are pointing L-diagonal) (12:00)
7&8& Swivel both heels L, swivel toes L, swivel heels L, swivel L toes L & flick R side

S5: Cross, Back, Chasse, Cross, Sweep 1/2 Turn, Cross Mambo, Drag

1-2 RF cross over LF, LF step back
3&4 RF step side, LF close next to RF, RF step side
5-6 LF cross over RF, sweep RF forward while making 1/2 turn L on LF (6:00)
7&8 RF cross over LF, recover on LF, RF step diagonally R back & drag L-heel

S6: Behind-Side-Cross, 1/8 Forward, Step-Lock-Step, Step, 1/2 Pivot, 1/2 Back-Lock

1&2 LF cross behind RF, RF step side, LF cross over
3-4&5 1/8 turn R & RF step forward, LF step forward, RF lock behind LF, LF step forward (7:30)
6-7 RF step forward, make 1/2 turn L putting weight on LF (1:30)
8& 1/2 turn L & RF step back, LF lock in front of RF (7:30)

S7: Back, Drag, Back, Heel-Ball-Step, 1/8 Hip Bumps, Hip Bumps 1/2 turn

1-2 RF step back, drag L-heel
&3&4 LF step back, RF dig heel forward, RF close on ball, LF step forward
5&6 1/8 turn L & RF step on toes side while pushing hip R, push hip L, push hip R and put weight on RF (6:00)

7&8 1/4 turn L & LF step on toes side while pushing hip L, push hip R, make 1/4 turn L and put weight on LF (12:00)

S8: Step, 1/2 Pivot, Prissy Walks, 1/4 Lunge, 1/4 Recover with Flick, Step Fwd, 1/2 Pivot, Close

1-2 RF step forward, make 1/2 turn L putting weight on LF (6:00)

3-4 Prissy walks forward R-L

5 1/4 turn L & RF lunge side (stretch L leg out into a point, head stays at 6:00)

6 1/4 turn L putting weight on LF while flicking R back (12:00)

7-8& RF step forward, make 1/2 turn L on RF & point LF forward, LF close next to RF (6:00)

Have Fun!
