

Trashy Women

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Kim Liebsch (DK) - February 2021
音乐: Trashy Women - Confederate Railroad



Intro: 16 counts after 1'st beat (appr. 7 seconds) Start with weight on L foot

Restart: On wall 5 after 32 counts (*3:00)

#1 section: Out out, 3 X knee pops, in in, bounce ¼ turn

&1 Step out R, step out L 12:00
2-3-4 Pop knee's 3 times lifting both heels 12:00
&5 Step in L, step in R 12:00
6-7-8 Bounce lifting both heels, bounce 1/8 R lifting both heels, bounce 1/8 R lifting both heels 3:00

#2 section: Back rock, shuffle fw, shuffle ½ turn, back rock

1-2 Rock back on R, recover on L 3:00
3&4 Step fw. on R, step L next to R, step fw. on R 3:00
5&6 Make ½ turn R stepping back on L, step R next to L, step back on L 9:00
7-8 Rock back on R, recover on L 9:00

#3 section Point together X 2, heel together X 2

1-2 Cross point R over L, step R beside L 9:00
3-4 Cross point L over R, step L beside R 9:00
5-6 Step R heel fw. step R beside L 9:00
7-8 Step L heel fw. step L beside R 9:00

#4 section: Step ¼ turn, heel hook, step ¼ turn, heel flick

1-2 Step fw. on R, make ¼ turn L stepping L to L side 6:00
3-4 Step R heel fw. hook R in front of L 6:00
5-6 Step fw. on R, make ¼ turn L stepping L to L side 3:00
7-8 Step R heel fw. flick R beside L (*3:00) 3:00

#5 section: 2 X point, cross side, sailor step, cross side

1-2 Cross point R over L, point R to R side 3:00
3-4 Cross R over L, step L to L side 3:00
5&6 Sweep/cross R behind L, step L to L side, step R to R side 3:00
7-8 Cross L over R, step R to R side 3:00

#6 section: 2 X point, cross side, sailor ¼ turn, walk walk

1-2 Cross point L over R, point L to L side 3:00
3-4 Cross L over R, step R to R side 3:00
5&6 Sweep/cross L behind R ¼ turn L, step R to R side, step L to L side 12:00
7-8 Walk fw. R, walk fw. L 12:00

#7 section: Crossing toe strut, side rock ¼ turn, toe strut, step ¼ turn

1-2 Cross R toe over L, drop R heel to floor 12:00
3-4 Rock L to L side, recover ¼ turn R stepping fw. on R 3:00
5-6 Step L toe fw. drop L heel to floor 3:00
7-8 Step fw. on R, make ¼ turn L stepping L to L side 12:00

#8 section: Shuffle fw, shuffle ½ turn, back rock, walk walk

1&2 Step fw. on R, step L next to R, step fw. on R 12:00

3&4 Make ½ turn R stepping back on L, step R next to L, step back on L 6:00
5-6 Rock back on R, recover on L 6:00
7-8 Walk fw. R, walk fw. L 6:00

Good Luck & N'Joy!

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