

All Hands On Deck

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Mikael Mölsä (FIN)
音乐: All Hands On Deck - Tinashe : (CD: Aquarius)



Starting point: At the lyrics "wasted heart", after the chorus, in about 0:21.

STEP, STEP, KICK BALL CROSS, OUT-OUT, IN-1/2 TURN, OUT-OUT, IN-IN

- 1-2 Step right forward, step left forward
- 3&4 Kick right forward, step right slightly back, step left across right
- &5 Step right out, step left out
- &6 Step right back in, step left back in and turn 1/2 to left (facing 6:00)
- &7 Step right out, step left out
- &8 Step right back in, step left back in

1/4 LEFT TURNING HIP ROLL, HIP ROLL, OUT-OUT, BACK, CROSS, HITCH, TURN

- 1-2 Step right forward, roll hips counterclockwise and turn 1/4 to left (weight ends up on right) (facing 3:00)
- 3-4 Roll hips clockwise for two counts (weight ends up on left)
- 5& Step right in, step left next to right
- 6& Step right out, step left out
- 7& Step right back, step left across right
- 8& Hitch right knee (facing right diagonal, at 4:30), step right back while turning 1/4 to right (facing 6:00)

POINT, HOLD, STEP, DRAG, SAILOR STEP, BEHIND, SIDE, CROSS, SYNCOPATED 1/4 RIGHT TURNING ROCK STEP

- 1-2 Point left to left side (bend right knee slightly), hold
- 3-4 Transfer weight to left foot (straighten up), drag right next to left (weight remains on left)
- 5&6 Step right behind left, step left next to right, step right to right diagonal
- &7& Step left behind right, step right to right side, step left across right
- 8&1 Rock right forward, recover weight back to left, step right to side while turning 1/4 right (facing 9:00)

Optional hands: On count 1, you can snap your right hand to right downward angle.

HOLD, TOGETHER, SIDE STEP, STEP TOGETHER, FOOT SLIDES

- 2 Hold
- &3-4 Step left next to right, step right to right side, step left next to right
- 5 Pushing off left foot, slide on right diagonal, angling body toward 8:00, while turning in left heel
- & Slide left next to right while straightening body towards 9:00
- 6 Pushing off right foot, slide on left diagonal, angling body toward 10:00, while turning in right heel
- & Slide right next to left while straightening body towards 9:00
- 7 Pushing off left foot, slide on right diagonal, angling body toward 8:00, while turning in left heel
- & Slide left next to right while straightening body towards 9:00
- 8 Pushing off right foot, slide on left diagonal, angling body toward 10:00, while turning right heel in
- & Slide right next to left while straightening body towards 9:00

Option: Alternatively steps 5-8 can just be skate right, skate left, skate right, skate left (4 skates, counting would be 5-6-7-8).

REPEAT
