

Tribe

COPPERKNOB
STEPSHEETS

拍数: 112 墙数: 1 级数: Phrased Easy Intermediate
编舞者: Esmeralda van de Pol (NL) - April 2022
音乐: Tribe - Kim Viera



Seq: ABCD ABCD CC DD
All parts starts at 12.00 everytime

PART A (32 counts)

WALK FWD, TRIPPLE STEP FWD, L SHUFFLE BACK, R SHUFFLE BACK

1-2 Step RF fwd (put R arm to R side), Step LF fwd (put L to L side)
3&4 Step RF fwd, Step LF next R, Step RF fwd (sway both your arms R,L,R)
5&6 Step LF diagonal back, Step RF next to L, Step LF diagonal back (Push your arms up) 10.30
7&8 Step RF diagonal back, Step LF next to R, Step RF diagonal back (Push your arms up) 01.30

WALK FWD, HIP BUMP ½ TURN R, WALK FWD, HIP BUM 1/8 TURN L

1-2 Step LF fwd, Step RF fwd 01.30
3&4 Touch L toe fwd push L hip fwd, Recover weight on RF, ½ turn R-recover weight on LF 07.30
5-6 Step RF fwd, Step LF fwd
7&8 Touch R toe fwd push hip, Recover weight on LF, 1/8 turn L recover weight on RF 06.00
(arms count 3&4 L arm up and snap your fingers(3) arms to centre of your body(&) arms to L side and snap your fingers. Count 7&8 the same with R hand)

CROSS, BACK, CHASE L, CROSS, BACK, CHASE

1-2 Cross LF over RF, Step RF back
3&4 Step LF to L side, Step RF next to LF, Step LF to L side
5-6 Cross RF over LF, Step LF back
7&8 Step RF to R side, Step LF next to RF, Step RF to R side 06.00

(arms count 3&4 and 7&8, arms up like swimming in the air in the diagonal)

FWD ROCK, COASTER STEP, HIP ROLL ½ TURN L

1-2 Rock LF fwd, Recover weight RF
3&4 Step LF back, Step RF next to LF, Step LF fwd
5-6 Step RF fwd, Pivot (hip roll) ¼ turn L- weight on LF move your arms up in a circle 03.00
7-8 Step RF fwd, Pivot (hip roll) ¼ turn L- weight on LF move your arms up in a circle 12.00

PART B (32 counts)

HITCH, HITCH, SIDE, CHASE R, HITCH, HITCH CHASE L

1-2 Hitch R knee up x2
3&4 Step RF to R side, Step LF next to RF, Step RF to R side (push your arms up and down)
5-6 Hitch L knee up x2
7&8 Step LF to L side, Step RF next to LF, Step LF to L side (push your arms up and down)

SYNCOATED JAZZBOX POINT, PIVOT ½ TURN L X2

1-2 Cross RF over LF, Step LF back
&3-4 Step RF to R side, Cross LF over RF and bring arms in centre of your body, Point RF to R side arms to the side and snap your fingers
5-6 Step RF fwd and Push hip fwd, ½ turn L weight on L (free arm movement)
7-8 Step RF fwd and Push hip fwd, ½ turn L weight on L (free arm movement) 12.00

Repeat above 16 counts

PART C (16 counts)

POINT, ½ TURN R POINT, COASTER STEP, POINT, ½ TURN L POINT COASTER STEP

- 1-2 Point RF to R side, ½ turn R on LF point R to R side 06.00
3&4 Step RF back, Step LF next to RF, Step RF fwd
5-6 Point LF to L side, ½ turn L on RF point L to L side 12.00
7&8 Step LF back, step RF next to LF, Step LF fwd

MAMBO STEP FWD, STEP BACK, ROCK BACK, STEP FWD, SHUFFLE FWD

- 1&2 Rock RF fwd, Recover weight on LF, Step RF back
3-4-5-6 Step LF back, Rock RF back, Recover weight on LF, Step RF fwd
7&8 Step LF fwd, Step RF next to LF, Step LF fwd

PART D (32 counts)**CHARLESTON STEP, STEP FWD POINT, STEP BACK, POINT**

- 1-4 Touch R toe fwd, step RF back, Touch L toe back, Step LF fwd
5-6 Step RF fwd, Point L toe fwd,
7-8 Step LF back, Point R toe back

FWD ROCK, SHUFFLE ½ TURN R, DORETHY STEP

- 1-2 Rock RF fwd, Recover weight on LF
3&4 ¼ turn R-step RF to R side, Step LF next to RF, ¼ turn R-step RF fwd - 06.00
5-6& Step LF fwd, Step RF behind LF, Step LF fwd
7-8& Step RF fwd, Step LF behind RF, Step RF fwd

CHARLESTON STEP, STEP FWD POINT, STEP BACK, POINT,

- 1-4 Touch L toe fwd, step LF back, Touch R toe back, Step RF fwd
5-6 Step LF fwd, Point R toe fwd,
7-8 Step RF back, Point L toe back

FWD ROCK, SHUFFLE ½ TURN R, DORETHY STEP

- 1-2 Rock LF fwd, Recover weight on RF
3&4 ¼ turn L-step LF to L side, Step RF next to LF, ¼ turn L-step LF fwd 12.00
5-6& Step RF fwd, Step LF behind RF, Step RF fwd
7-8& Step LF fwd, Step RF behind LF, Step LF fwd

All arm movements are free to do in this dance.....

Note: Don't be afraid of this dance, the steps are quite simple and most of them you must repeat Have fun and enjoy, do what you want with this dance.....

Dance With Esmeralda

Esmeralda v.d. Pol

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