

Just Fooling Around

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Ultra Beginner
编舞者: S.M. Fulton (USA) - March 2023
音乐: Who's Been Sleeping in My Bed - Glenn Frey
或: Holding Out for a Hero - Adam Lambert
或: Wintergreen - The East Pointers



Holding Out for a Hero by Adam Lambert
Wintergreen by The East Pointers
Many other music tracks

--32-count intro for Who's Been Sleeping.... No tags or restarts.
--16-count intro (starting with strong beats) for Holding Out.... Tags: two V steps after wall 4, one V step after walls 6 and 8, all facing the front
--32-count intro (from first banjo note) for Wintergreen. Restart after 8 counts on wall 4.
*See note at bottom for an ultra-ultra version with just 16 counts

Section 1: Walk x 3, touch, back x 3, touch

1 2 3 4 With weight on left foot, walk forward right, left, right. Touch L next to R.
5 6 7 8 Walk back left, right, left. Touch R next to L.

OPTIONS: On count 4, you can kick or hitch instead of touching

Section 2: Angling 1/8 to left, walk x 3, touch, back x 3, touch

1 2 3 4 Walk right, left, right at an angle, facing 10:30 corner. Then touch L next to R.
5 6 7 8 Along that diagonal, walk back left, right, left. Touch R next to L.

Section 3: Rock side to side (R-L-R-L) to turn 1/8 to 9:00, heel, step, heel, step

1 2 3 4 Sway/rock right, left, right, left as you turn by 1/8, to face 9:00.

(You are simply rocking back and forth to make the very slight turn to left.)

5 6 7 8 Put right heel forward, then step right next to left. Put left heel forward, then step left next to right.

OPTIONS: Double heel steps can be done. Heel-ball-heel-ball-heel-ball-heel, step (5&6&7&8&)

Section 4: Rock side to side (R-L-R-L) to turn 1/4 to 6:00, heel, step, heel, step

1 2 3 4 Sway/rock R-L-R-L while turning a quarter, to face 6:00.

(You are simply rocking back and forth to make the turn.)

5 6 7 8 Put right heel forward, then step right next to left. Put left heel forward, then step left next to right.

OPTIONS: Double heel steps can be done. Heel-ball-heel-ball-heel-ball-heel, step (5&6&7&8&)

STYLING NOTES. On the sways/rocks, roll your hips, do Elvis knees, dip from side to side as you wish. You must change weight back and forth to make the turns.

ULTRA-ULTRA BEGINNER VERSION. 16 COUNTS, 1 WALL.

Section 1, same as above. Section 2, sway/rock right-left-right-left, heel, step, heel, step.
