

Lipstick & Cocaine

COPPERKNOB
BY STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate - Rolling count
编舞者: Christine Stewart (NZ) - August 2024
音乐: Lipstick & Cocaine (feat. Sam York) - Kaz Hawkins



No tags or restarts

Dance finishes facing 12:00 during wall 7 after count 16. Replace counts 15 – 16 as per ENDING at bottom of step sheet

Intro: 16 counts (approx. 17 seconds into song). Dance rotates CCW

Begin facing 12:00 with weight on Left and Right touched beside Left

ROCK FORWARD, RECOVER BACK, ½ TURN RIGHT, FULL TURN RIGHT, STEP FORWARD, STEP FORWARD, ¼ PIVOT TURN RIGHT, CROSS, ¼ TURN LEFT, ¼ TURN LEFT, SIDE MAKING A ¼ TURN LEFT

- 1 Step/rock right foot forward
- 2 a 3 Step/recover back onto Left foot (2), Turn ½ right and step Right foot forward(a), Step Left foot back and make a full turn right (3) (6:00)
- 4 a 5 Step Right foot forward (4), Step Left foot forward (a), Turn ¼ right on right foot and step/rock sideways onto Left foot (5), (9:00)
- 6 a 7 Cross Left foot over in front of Right foot (6), Turn ¼ left and step Right back (a) (6:00), Turn ¼ left and step Left foot to left side (7) (3:00)
- 8 Step/rock Right foot to right side pushing right hip sideways to 6:00 taking weight fully on Right foot and straightening Right leg. At the same time as taking this step, turn/twist ¼ left and point Left toe forward. Weight should be completely on Right foot with Right foot facing 3:00 and Left foot pointed towards 12:00 (12:00)

LOCK STEP FORWARD, BACK-LOCK-BACK, STEP FORWARD, STEP BACK, STEP FORWARD, SIDE, ROCK BACK MAKING ⅙TURN LEFT,

- 1 a 2 Step Left foot forward (1), Step onto Right foot behind Left foot (a), Step Left foot forward rising up on to balls of Left foot AND touching Right foot against back of Left calf with Right knee turned out towards 3:00 (2)
- 3 a 4 Step Right foot back (3), Cross Left foot over in front of Right foot (a), Step Right foot back and at the same time touch Left foot against Right shin (4)
- 5 Step Left foot forward and at the same time touch Right foot against back of Left calf with Right knee turned out towards 3:00 (12:00)
- 6 Step Right foot back and at the same time touch Left foot against Right shin (add ENDING here during wall 7 and facing 12:00)
- 7 Step Left foot forward and at the same time touch Right foot against back of Left calf with Right knee turned out towards 3:00
- a 8 Step Right foot to right side (8), Turn ⅙ left and rock Left foot back (a) (10:30)

STEP FORWARD, ½ TURN RIGHT, STEP BACK, STEP FORWARD, ¼ TURN LEFT, BACK SWEEP, BACK SWEEP, BACK SWEEP, COASTER BACK, STEP FORWARD

- 1 a 2 Step/rock Right foot forward (1), Turn ½ right and step Left foot back (a), Step/rock Right foot back (2) (4:30)
- 3 a 4 a Rock/step forward onto Left foot (3), Turn ¼ left and step Right foot to right side (a), Step Left foot back sweeping Right foot/toes clockwise from front to back (4a) (please keep foot/toes on the floor) (1:30)
- 5 a Step back onto Right foot sweeping Left foot anticlockwise from front to back (please keep foot/toes on the floor)

- 6 a Step back on to Left foot sweeping Right foot clockwise from front to back (please keep foot/toes on the floor)
- 7 a 8 a Step Right foot back (7), Step onto Left foot beside Right foot (a), Step Right foot forward (8), Step Left foot forward (a) (1:30)

ROCK FORWARD, RECOVER BACK, ¼ TURN RIGHT, ROCK FORWARD, RECOVER BACK, ¾ TURN LEFT, STEP FORWARD, ½ PIVOT TURN LEFT, CROSS, UNWIND FULL TURN LEFT

- 1 a 2 Step/Rock forward onto Right foot (1), Recover back onto Left foot (a), Turn ½ right and step Right foot forward (2) (4:30)
- 3 a 4 Step/Rock forward onto Left foot (3), Recover back onto Right foot (a), Turn ¾ left and step Right foot forward (4) (12:00)
- 5 - 6 Step Right foot forward (5), Turn ½ left on balls of both feet transferring weight forward onto Left foot (6) (6:00)
- 7 - 8 Cross Right foot over in front of Left foot (7), Turn/unwind full turn left transferring weight fully onto Left foot ready to start dance again with Right foot (8) (6:00)

ENDING: Add facing 12:00 during wall 7. Replace the usual steps for counts 15 – 16 with those below

STEP FORWARD, TOUCH

- 15 Step Left foot forward (12:00)
- 16 Touch Right foot beside Left foot

Email: christine@silverliningdance.co.nz
