

Keep On Try'n'

COPPER KNOB
STEPPERS

拍数: 0 墙数: 0 级数:
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音乐: Keep On Movin' - Five



THE MAIN DANCE

STEP, TOUCH

- 1 Step right to side (2nd position)
- 2 Touch left together (1st position)

STEP, TOUCH

- 3 Step left to side (2nd position)
- 4 Touch right together (1st position)

STEP, TOGETHER, STEP, TOUCH

- 5 Step right to side (2nd position)
- 6 Step left together (1st position)
- 7 Step right to side (2nd position)
- 8 Touch left together (1st position)

STEP, TOUCH

- 1 Step left to side (2nd position)
- 2 Touch right together (1st position)

STEP, TOUCH

- 3 Step right to side (2nd position)
- 4 Touch left together (1st position)

STEP, TOGETHER, STEP, TOUCH

- 5 Step left to side (2nd position)
- 6 Step right together (1st position)
- 7 Step left to side (2nd position)
- 8 Touch right together (1st position)

ROCK FORWARD, RECOVER STEP

- 1 Step right forward (ball of foot-right heel to left toe) (5th position)
- 2 Recover-stepping left in place (5th position)

ROCK BACK, RECOVER STEP

- 3 Step right back (ball of foot-right toe to left heel) (5th position)
- 4 Recover-stepping right in place (5th position)

GRAPEVINE RIGHT WITH TOUCH

- 5 Step right to side (2nd position)
- 6 Step left toe angled behind right heel (5th position)
- 7 Step right to side (2nd position)
- 8 Touch left together (1st position)

ROCK FORWARD, RECOVER STEP

- 1 Step left forward (ball of foot-left heel to right toe) (5th position)
- 2 Recover, stepping right in place (5th position)

ROCK BACK, RECOVER STEP

- 3 Step left back (ball of foot-left toe to right heel) (5th position)
- 4 Recover, stepping right in place (5th position)

GRAPEVINE LEFT WITH TOUCH

- 5 Step left to side (2nd position)
- 6 Step right toe angled behind left heel (5th position)
- 7 Step left to side (2nd position)
- 8 Touch right together (1st position)

Following are the different sections you can add to the main dance. Mix and match in any order you prefer for your students in order to introduce new dance basic steps. Add as many or as few to end up with a comfortable warm-up dance for each new lesson

PART A (TRIPLE STEPS & MONTEREY TURN)

TRIPLE STEP FORWARD (RIGHT-LEFT-RIGHT)

- 1 Step right forward (4th position)
- & Step left instep close to right heel (3rd position)
- 2 Step right forward (4th position)

TRIPLE STEP FORWARD (LEFT-RIGHT-LEFT)

- 3 Step left forward (4th position)
- & Step right instep close to left heel (3rd position)
- 4 Step left forward (4th position)

MONTEREY ½ TURN RIGHT

- 5 Side point right (2nd position)
- 6 (Torque (turn) upper body slightly to left to prepare a half turn right) sweep right foot around & behind (left) and stepping beside left foot as you complete ½ turn. (1st position)
- 7 Side point left (2nd position)
- 8 Step left together (1st position)

9-16 Repeat counts 1-8 above

This will bring you back to your wall of origin and still keeps the dance as a 1-wall dance. For a challenge, try touching on the 8th count and proceed with counts 9-16 dancing opposite. For example, Triple forward LEFT-RIGHT-LEFT twice and execute a Monterey ½ turn left

PART B (STEP HOLDS AND BUMPS)

STEP, HOLD

- 1 Step right forward (4th position)
- 2 Hold

PIVOT TURN, HOLD

- 3 Pivot ¼ turn left (pivoting on balls of feet and transferring weight to left) (2nd position)
- 4 Hold

HIP BUMPS RIGHT-LEFT-RIGHT

- 5 Bump hips right
- & Bump hips left
- 6 Bump hips right-weight on right (2nd position)

HIP BUMPS LEFT-RIGHT-LEFT

- 7 Bump hips left
- & Bump hips right
- 8 Bump hips left-weight on left (2nd position)

9-16 Repeat counts 1-8 above.

This will have you facing the opposite wall of origin thus making the dance a 2-wall dance

Options: Clap or snap fingers on the HOLD counts. For beginners: it might be easier to touch the right forward (#1) and pivot on the left without trying to remember a weight change

PART C (STOMP, BOUNCE, KICK-BALL-CHANGE)

STOMP, BOUNCE 3X WITH ¼ TURN LEFT

- 1 Stomp forward right (up-stomp, do not transfer weight onto right, keep weight on both feet) (4th position)
- 2-3-4 Bounce heels 3 times turning body ¼ turn left---weight left (2nd position)

KICK-BALL-CHANGE

- 5 Kick right forward (4th position)
- & Step right (ball of foot) beside left (1st position)
- 6 Step left in place (1st position)

KICK-BALL-CHANGE

- 7 Kick right forward (4th position)
- & Step right (ball of foot) beside left (1st position)
- 8 Touch left in place (1st position)

STOMP, BOUNCE 3X WITH ¼ TURN RIGHT

- 1 Stomp forward left (up-stomp, do not transfer weight onto right, keep weight on both feet) (4th position)
- 2-3-4 Bounce heels 3 times turning body ¼ turn right---weight right (2nd position)

KICK-BALL-CHANGE

- 5 Kick left forward (4th position)
- & Step left (ball of foot) beside right (1st position)
- 6 Step right in place (1st position)

KICK-BALL-CHANGE

- 7 Kick left forward (4th position)
- & Step left (ball of foot) beside right (1st position)
- 8 Touch right in place (1st position)

PART D (JAZZ BOXES & COASTER STEPS)

JAZZ BOX

- 1 Cross right over left (5th position)
- 2 Step left back (4th position)
- 3 Step right back (2nd position)
- 4 Step left together (1st position)

ROCK, RECOVER

- 5 Rock right forward-ball of foot (5th position)
- 6 Recover left-ball of foot (5th position)

COASTER STEP (RIGHT)

- 7 Step right back (4th position)
- & Step left back (1st position)
- 8 Step right forward (4th position)

JAZZ BOX TURNING ¼ LEFT

- 1 Cross left over right (5th position)
- 2 Step right back (4th position)

- 3 Step left forward $\frac{1}{4}$ turn left (extended 5th position)
- 4 Step right forward (1st position)

ROCK, RECOVER

- 5 Rock left forward -on ball of foot (5th position)
- 6 Recover right -ball of foot (5th position)

COASTER STEP (LEFT)

- 7 Step left back (4th position)
- & Step right back (1st position)
- 8 Step left forward (4th position)

PART E (SAILOR STEPS)

SIDE ROCK STEP

- 1 Side rock right-on ball of foot (2nd position)
- 2 Recover left - on ball of foot (2nd position)

SAILOR STEP

- 3 Cross right behind left (5th position)
- & Step left to side (2nd position)
- 4 Step right in place (2nd position)

PIVOT $\frac{1}{2}$ TURN RIGHT

- 5 Step left forward-on ball of foot (4th position)
- 6 (Keep ball of right foot anchored), pivot $\frac{1}{2}$ turn right on balls of both feet, transferring weight left (4th position)

TRIPLE FORWARD RIGHT-LEFT-RIGHT

- 7 Step right forward (4th position)
- & Step left instep close to right heel (3rd position)
- 8 Step right forward (4th position)

SIDE ROCK STEP

- 1 Side rock left-ball of foot (2nd position)
- 2 Recover left-ball of foot (2nd position)

SAILOR STEP

- 3 Step left behind right (5th position)
- & Step right to side (2nd position)
- 4 Step right in place (2nd position)

PIVOT $\frac{1}{2}$ TURN LEFT

- 5 Step right forward-on ball of foot (4th position)
- 6 (Keep ball of left foot anchored), pivot $\frac{1}{2}$ turn left of balls of both feet, transferring weight right (4th position)

TRIPLE FORWARD LEFT-RIGHT-LEFT

- 7 Step left forward (4th position)
- & Step right instep close to left heel (3rd position)
- 8 Step left forward (4th position)

"Anchored": pretend the ball of your foot is nailed to the floor. You will be able to pivot the foot around, but will not be able to move the foot out of place

The purpose of this dance is to offer instructors a BEGINNER dance that helps teach the basic dance steps for line dancing. With this dance, you can start your students on the first 32 counts and add sections to the dance until all the basics have been taught. This will give the student a Basic pattern to begin with and then

add sections as more basic steps are introduced. Incorporate other dances while using this dance, to give the student variety
