

Leap Of Faith

COPPER KNOB
STEPPERS

拍数: 0 墙数: 2 级数: Intermediate
编舞者: Su Marshall (NZ)
音乐: The Cape - Kathy Mattea



Sequence: AB, AB, A(1-20), A, repeat last 2 counts of A, B, B (1-16), B

PART A (VERSE)

STEP, STEP, SHUFFLE, STEP, CLOSE, BACK, BACK, BACK

1-2 Step forward on right, step forward on left
3&4 Step forward right, close with left, step forward right

These last 2½ counts form a "shuffle"

5 Step forward on left
6&7 Close with right, step back left, step back right
8 Step back left

BACK, BACK, SHUFFLE, BACK, CLOSE, STEP, STEP, STEP

1-2 Step back on right, step back on left
3&4 Shuffle back on right
5 Step back left
6&7 Close with right, step forward left, step forward right
8 Step forward left

WALK RIGHT FOOT OUT, MOVE TO RIGHT, TO LEFT & CLOSE

1-2-3-4 Walk right foot out to right side for 4 counts
I.e. With weight on left foot & hands on knees, swivel right heel to right side leave heel in place & swivel right toe to right side, leave toe in place & swivel heel to side, leave heel in place & swivel toe to side. You'll need to bend your knees a wee bit to do this comfortably
5-6 Move shoulders to right side (transfer your weight over), hold
7 Move whole body to left & stand up closing right foot to left
8 Hold

WALK LEFT FOOT OUT, MOVE TO LEFT, TO RIGHT & CLOSE

1-8 Repeat previous 8 counts starting with left foot & moving to left, then back to center

BUTTERFLY

1 With weight on balls of both feet, split heels apart
& Transfer weight to heels of both feet & spread toes out
2 Bring toes back together again
& Transfer weight to toes & bring heels back together again

PART B (CHORUS)

SIDE STRUT, CROSS STRUT, KICK FORWARD, KICK BACK, CROSS, UNWIND, JUMP, HOLD

1& Step to side on toe of right foot, step down on right
2& Step left toe across right, step down on left
3-4 Kick right foot back on 45 degrees, kick right foot forward on 45 degrees
5-6 Cross right foot over left, unwind ½ turn to the left
7-8 Jump forward on both feet (small jump), hold

GRAPEVINE RIGHT RAISING ARMS, GRAPEVINE LEFT LOWERING ARMS

1-2 Step to side on right foot, cross behind with left
3-4 Step to side on right, close with left

During these 4 counts raise both arms out to sides with palms facing out

5-6 Step to side on left foot, cross behind with right

7-8 Step to side on left, close with right

During these 4 counts lower arms & clasp hands behind back

SCUFF, SCOOT, STEP, CLOSE, SHUFFLE, SCOOT, STEP, CLOSE, SCUFF, SCOOT, CROSS, BACK, SIDE, CLOSE, SIDE, CLOSE

1& Scuff right foot forward, hop forward on left (keep it close to ground - "scoot")

2& Step forward on right, touch close with left

3& Scuff left, scoot forward on right

4& Step forward left, touch close with right

5& Scuff right, scoot forward left

6 Cross right foot over left

7 Step back on left

&8 Step right to side, close with left

STEP SIDE, CLOSE

1-2 Step right to side, close with left. (unclasp hands from behind your back)
