

Megalomaniac

COPPER KNOB
STEPSHEETS

拍数: 48
编舞者: David J. McDonagh (WLS)
音乐: Jungle Bill - Yello

墙数: 2

级数: Advanced line/contra dance



JUMPING STEPS WITH TURNS

Keep hands on thighs during the following steps:

- 1& Jump feet apart shoulder width apart, jump feet together
- 2& Jump feet apart shoulder width apart, jump feet together turning $\frac{1}{2}$ a turn left
- 3& Jump feet apart shoulder width apart, jump feet together
- 4& Jump feet apart shoulder width apart, jump feet together
- 5& Jump feet apart turning a $\frac{1}{4}$ turn right, jump feet together
- 6& Jump feet apart turning a $\frac{1}{4}$ turn right, jump feet together
- 7& Jump feet apart turning a $\frac{1}{4}$ turn right, jump feet together
- 8& Jump feet apart shoulder width apart, jump feet together turning $\frac{1}{2}$ a turn left

KICKS, LEG MOON-ROLLS, KICK, CROSS, ROCK STEPS

- 9& Kick right forward, step right beside left
- 10& Kick left forward, step left slightly forward

Keeping toes on the floor do the following (2) counts:

- 11& Roll right knee (forward/up/down) in a circular movement, as you step down on right heel
- 12 Roll left knee (forward/up/down) in a circular movement
- 13&14& Kick right forward, cross right over left, step left back, step right forward
- 15&16& Kick left forward, cross left over right, step right back, step left forward

BACK LOCKS, POINTS, SWIVEL, TURNING APPLEJACK

- 17&18& Step right back, cross left over right, step right back, cross left over right
- 19& Point right to right side, step right beside left
- 20& Point left to left side, step left beside right
- 21&22 Step right back, swivel both heel apart, swivel both heels together
- 23 Step right beside left while turning a $\frac{1}{4}$ turn left
- &24 Weight on left toe & right heel: swivel left heel & right toe right, swivel back to center

TRAVELING APPLEJACKS LEFT "WITH HANDWORK", SYNCOPATED VINE RIGHT

- 25 Weight on left heel & right toe: swivel left toe & right heel left (right arm snake roll downwards)
- & Weight on left toe & right heel: swivel left heel & right toe left
- 26 Weight on left heel & right toe: swivel left toe & right heel left (left arm snake roll downwards)
- & Weight on left toe & right heel: swivel left heel & right toe left
- 27 Weight on left heel & right toe: swivel left toe & right heel left (right arm snake roll downwards)
- & Weight on left toe & right heel: swivel left heel & right toe left
- 28 Weight on left heel & right toe: swivel left toe & right heel center (left arm snake roll downwards)
- 29& Step right to right side, cross left behind right
- 30& Step right to right side, cross left behind right
- 31& Step right to right side, cross left behind right
- 32& Step right to right side, step left beside right

JAZZ BOXES WITH $\frac{1}{2}$ A TURN ON EACH

- 33-34 Cross right over left, step left back starting to turn a $\frac{1}{2}$ right
- 35-36 Step right beside left completing the $\frac{1}{2}$ turn right, step left beside right

- 37-38 Cross right over left, step left back starting to turn a ½ right
39-40 Step right beside left completing the ½ turn right, step left beside right

LEAN BACK "WITH HANDWORK", ½ TURN "WITH HANDWORK" (REPEAT)

- 41-42 Step right back leaning back with weight balanced on both legs (bring right hand over head while bringing up & extending left arm forward palm facing down), hold for 1 count
43-44 Step right beside left turning ½ a turn left with weight on left leg (bring left hand over head while bringing up & extending right arm forward palm facing up), hold for 1 count
45-46 Step right back leaning back with weight balanced on both legs (bring right hand over head while bringing up & extending left arm forward palm facing down), hold for 1 count
47-48 Step right beside left turning ½ a turn left with weight on left leg (bring left hand over head while bringing up & extending right arm forward palm facing up), hold for 1 count
& Stomp right beside left

REPEAT
