

Memphis Blues

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate two step
编舞者: Vikki Morris (UK)
音乐: Mile Out Of Memphis - Philip Claypool



WALK, WALK, MAMBO STEP, BEHIND & HEEL & CROSS & HEEL &

1-2 Walk forward right, walk forward left
3&4 Rock forward with right, recover weight on left, step right in place
5&6& Step left behind right, step right slightly back, touch left heel diagonally forward, recover weight onto right
7&8& Cross right over left, step left slightly back, touch right heel diagonally forward, recover weight right. (12:00)

CROSS ROCK, TRIPLE ¾ LEFT, KICK & POINT & POINT & KICK &

1-2 Cross rock left over right, recover weight on right
3&4 Turn ¾ turn over left shoulder on left, right, left (3:00)
5&6& Kick right forward, recover weight on right, point left to left side, step left in place
7&8& Point right to right side, step right in place, kick left forward, recover weight on left

SCUFF HITCH STEP BACK, SIT DOWN, SIT UP, LEFT LOCK STEP, STEP PIVOT ½ LEFT STEP

1&2 Scuff right foot forward, hitch right knee, step back on right (angling foot in 3rd position)
3-4 Body roll down into sitting position, body roll up (keeping weight on right)
Easy option: bend knees and dip down, straighten up (keeping weight on right)
5&6 Step left forward, lock right behind left, step left forward
7&8 Step forward right, pivot ½ turn left, step forward right (angling foot in 5th position)(9:00)

FULL TURN RIGHT FORWARD, LEFT LOCK STEP, MAMBO STEP, SWIVET & SWIVET &

1&2 Pivot ½ right stepping back left, pivot ½ turn right stepping forward right (9:00)
3-4 Step left forward, lock right behind left, step left forward
5&6 Rock forward with right, recover weight on left, step right in place
7&8& Swivel left toe to right and right heel to right, (ball of left, heel of right), recover weight on right, swivel right toe to left and left heel to left, (ball of right, heel of left), recover weight on left

REPEAT

TAG

At the end of wall four (12:00)

CROSS ROCK STEP, CROSS ROCK STEP, STEP ½ PIVOT, KICK BALL STEP FORWARD

1&2 Cross rock right over left, recover weight on left, step right in place
3&4 Cross rock left over right, recover weight on right, step left in place
5-6 Step forward right, pivot ½ left
7&8 Kick right forward, recover weight on right, step left forward