

Mish-Mash

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate/Advanced
编舞者: Charles Thornhill (UK)
音乐: Loosen Up My Strings - Clint Black



KICK-BALL CHANGES

1 Kick forward right
& Step together on ball of right
2 Change weight to left
3 Kick forward right
& Step together on ball of right
4 Change weight to left

KICK-KICK, TURN

5 Kick right forward
6 Kick right to right
7 Turn ½ turn to the right pivoting on ball of left (swinging right around to meet left)
8 Stomp right next to left (weight change to right)

KICK-BALL CHANGES

9 Kick forward left
& Step together on ball of left
10 Change weight to right
11 Kick forward left
& Step together on ball of left
12 Change weight to right

KICK-KICK, TURN

13 Kick left forward
14 Kick left to left
15 Turn ½ turn to the left pivoting on ball of right (swinging left around to meet right)
16 Stomp left next to right (weight change to left)

TRAVELING KICK-BALL CHANGES

17 Kick forward right
& Step slightly to right on ball of right
18 Cross left over right
19 Kick forward right
& Step slightly to right on ball of right
20 Cross left over right

ROCKS, CHA-CHA-CHA

21 Rock forward onto right
22 Rock back onto left
23&24 Step in place right, left, right

TRAVELING KICK-BALL CHANGES

25 Kick forward left
& Step slightly to left on ball of left
26 Cross right over left
27&28 Kick forward left

& Step slightly to left on ball of left
28 Cross right over left

ROCKS, CHA-CHA-CHA

29 Rock forward onto left
30 Rock back onto right
31&32 Step in place left, right, left

SLOW STEPS FORWARD

33 Step forward on right
34 Hold
35 Step forward on left
36 Hold

RUNNING MAN

37& Stomp forward right, hitch left knee and scoot right back
38& Stomp forward left, hitch right knee and scoot left back
39& Stomp forward right, hitch left knee and scoot right back
40& Stomp forward left, hitch right knee and scoot left back

SLOW STEPS FORWARD

41 Step forward on right
42 Hold
43 Step forward on left
44 Hold

RUNNING MAN

45& Stomp forward right, hitch left knee and scoot right back
46& Stomp forward left, hitch right knee and scoot left back
47& Stomp forward right, hitch left knee and scoot right back
48& Stomp forward left, hitch right knee and scoot left back

STEP, PIVOT, WALK, HEEL TOUCH

49 Step forward right
50 Pivot turn $\frac{1}{2}$ turn to the left
51 Step forward right
52 Touch left heel diagonally forward

VAUDEVILLE HOPS (SCISSOR CROSS STEPS)

53& Step back on ball of left, step right across left
54& Step left to left and touch right heel diagonally forward
55& Step back on ball of right, step left across right
56& Step right to right and touch left heel diagonally forward
57& Step back on ball of left, step right across left
58& Step left to left and touch right heel diagonally forward
59& Step back on ball of right, step left across right
60& Step right to right and touch left heel diagonally forward

STEP, PIVOT TURN, STOMP

61 Step left next to right
62 Step right forward
63 Pivot turn $\frac{1}{4}$ turn to the left
64 Stomp-up right (end with right foot raised ready to start kick-ball change)

REPEAT
