

MJDACS (Michael Jackson Does A Country Strut)

COPPER KNOB
STEPSHEETS

拍数: 128 墙数: 4 级数:
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音乐: Jam - Michael Jackson



POSE AND WALK

- 1-4 Back of right hand on forehead, palm open. Left hand down to left, palm open and facing back. Right heel up, rotate heel out.
5-8 Walk forward right, left, right, left.

JUMP

- 9 Jump forward, landing with knees bent, Feet together and pointing 45 degrees towards left. Shoulders face forward. Left arm is held low and slightly bent, Hand open, palm forward, fingers spread. Right arm held low to right side, Hand open, palm back, fingers spread.

POSE, KICK, ¼ TURN RIGHT, SHUFFLE, ¼ TURN, BRUSH, STEP, CROSSOVER

- 10 Pose hold above pose.
11 Kick right foot towards left.
12 Step with right turning ¼ turn towards right.
&13 Small side step with left, small side step to the left with right.
14 Step on left making a "t" with the right foot, turning ¼ turn to left.
15 Brush right next to left.
&16 Step on right, cross left over right.

½ TURN, ARMS MOVES, HEELS, HIP BUMPS, LIFT LEFT

- 17 ½ turn, right shoulder back.
18 Step out on right, thrusting left hand straight out, palm up.
19 Circle right arm back and over head, clasp right hand in left, straight out in front.
&20 Heel up, knees bent, heels down.
21-23 Hip bumps to right, three times.
&24 Lift left foot, bending knee and put it back down. Change weight to left.

HIP BUMPS, RIGHT, ½ TURN LEFT AND RIGHT, TAP, HEELS UP, ¼ TURN, DOWN:

- 25-27 Hip bumps to left, three times.
&28 Lift right foot, bending knee and put it back down. Change weight to right.
&29 ½ step forward on left, ½ step forward on right.
30 Tap left next to right.
&31-32 Lift heels together, bending knees, turning towards left ¼ turn. Put heels down.

FORWARD LEFT/RIGHT, STEP SCOOT TAP, STEP TOUCH TOE BACK/FORWARD, AIR BUCKS:

- 33 Step forward on left
34 Full right shoulder back turn, step forward on right.
35& Step left, scoot right up to left.
36 Tap left foot front.
&37 Step left foot next to right, touch right toe back.
&38 Step right foot next to left, touch left toe forward.
&39 Air buck (left hip and drop hip)
&40 Air buck

POSE, TAP STEP RIGHT, LEFT, AND RIGHT:

- 41 Pose bending arms, circle both arms to the right while pushing upwards on left foot. Land with arms bent, both hand pointing towards left, right palm back, left palm forward. Left knee slightly bent, right foot curtsies behind left.
- 42 Hold above pose.
- 43 Tap right to right side.
- 44 Step right next to left.
- 45 Tap left to left side.
- 46 Step left next to right.
- 47 Tap right to right side.
- 48 Tap right next to left.

JUMP LEFT, BACK RIGHT, DRAG LEFT, RIGHT HITCH, RIGHT TO SIDE, DRAG LEFT:

- 49-52 Jump straight up on left foot, lifting right knee. Reach back with right, drag left next to right and step.
- 53-56 Jump on left foot, lifting right knee. Reach to the right side with right foot, drag left next to right and step.

STEP RIGHT, RIGHT/LEFT ARM, SLAP AND TURN, CROSS, FULL TURN, BACK AND TAP:

- 57 Thrust right arm straight out, palm down, while stepping out on right to the side, left hand on hip.
- 58 Bend right arm up, palm towards face. Left arm bent, hand touching right elbow, palm in.
- 59 Roll right arm in and around left, ending with right hand back in original position, but left hand is now inside right elbow.
- &60 Slap right palm on left elbow and return to original position, while turning face to left and back forward.
- &61 Step in with right (drop hands), cross left over right.
- 62-63 Full turn, right shoulder back.
- &64 Small step back on left, tap right foot in front of left.

ROBOT WALK (RW):

Walk forward and slightly towards right. Legs are stiff. Arms are tight to sides, and bent with Hands fisted and facing upwards.

- 65 RW small step forward on right, dropping right shoulder.
- 66 RW drag left behind right, changing weight and dropping left shoulder while lifting right shoulder.
- 67-68 RW repeat 65-66
- 69-70 RW repeat 65-66
- 71-72 RW repeat 65-66

KICKS, BALL CHANGE, RIGHT HEEL SWIVELS, BODY WAVE:

- 73 Right foot kick front
- 74 Right foot kick to right side
- 75& Small step back on right ball of foot, lifting left foot. Step down on left foot. (ball change)
- 76 Touch right foot forward just ahead of left, leaving heel up.
- 77 Swivel right heel out and in.
- 78 Repeat above move.
- 79-80 Body wave.

HIP FORWARD RIGHT, LEFT BACK TWICE, FORWARD RIGHT, BRUSH AND STEP TWICE:

- 81 Roll right hip forward.
- 82 Roll left hip back.
- 83-84 Repeat 81-82
- 85 Small step forward on right, pushing left hip back.
- 86 Bring left foot forward behind right, pushing right forward.

87-88 Repeat 85-86

½ TURN LEFT, RIGHT/LEFT FORWARD, BRUSH AND CIRCLE, ½ TURN, SCOOT:

89 Step forward on right.
90 Pivot to left ½ turn, changing weight to left.
91 Step forward on right.
92 Step forward on left
93& Brush right foot and make a circle in the air.
94 Step forward on right.
95 Pivot ½ turn and step on left.
96 Scoot right foot up to left, touch left foot out to left.

LIFT TAP SCOOT, REPEAT WITH ¼ TURN RIGHT, REPEAT TWICE:

97&98 Lift and tap down with left foot, scoot right foot towards left, tap left foot (moving sideways).
99&100 Repeat above steps, rotating body ¼ turn to right, but continuing movement in the same direction. (you end up moving backwards)

101&

102 Repeat 99&100, but don't turn, continue backwards movement.

103&

104 Repeat once more.

1 AND ¼ TURN, LEFT SHOULDER BACK, GRIND, BACK RIGHT, STEP LEFT:

105-108 Step to left with left foot turning ¼ turn to left. ½ turn to left stepping on right. ½ turn to left stepping on left. Tap right
109-110 Step out on right heel, grind heel from left to right, lifting left foot and putting it back down.
111 Step back on right, placing it next to left.
112 Step in place on left. (note: a full turn, right shoulder back, can be substituted for steps 111-112)

MORE OF THE SAME:

113-114 Repeat steps 109-110 above
115-116 Repeat steps 111-112 above, turning ¼ turn to the right.
117-120 Repeat steps 113-116, with no turns at all.

HANDS ON HIPS, CLAP, SLAP THIGHS, REPEAT WITH STEP LEFT AND DRAG, REPEAT:

121-122 Place hands on hips. (low, about at hip joints)
123 Clap hands straight above head. (straight arms)
124 Return arms to sides, slapping thighs.
125-126 Repeat steps 121-122, except step with left foot to left and drag right next to left.
127-128 Repeat steps 123-124.

REPEAT
