

Mountain Man

COPPERKNOB
STEPSHETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Gloria Johnson (USA)
音乐: Wolverton Mountain - Great Plains



MOUNTAIN MAN ¼ TURN

- 1 Side step left foot to left side
- 2 Hold
- 3 Cross right over left while turning ¼ turn to left on ball of left foot
- 4 Hold one beat
- 5 Step back on left
- 6 Hold
- 7 Touch right beside left
- 8 Hold

8 COUNT GRAPEVINE LEFT

- 9 Side step right to right side
- 10 Step left across right
- 11 Side step left to left side
- 12 Step right behind left
- 13 Side step right to right side
- 14 Step left across right
- 15 Side step left to left side
- 16 Step right behind left

HALF JAZZ BOX WITH HOLDS

- 17 Step right across left
- 18 Hold
- 19 Step back on left
- 20 Hold

SPIN, HOLD, TOUCH, HOLD

- 21 Spin ½ turn to right on ball of left foot stepping down on right
- 22 Hold
- 23 Touch left beside right
- 24 Hold

8 COUNT GRAPEVINE LEFT

- 25 Side step left foot to left side
- 26 Cross right over left
- 27 Side step left foot to left side
- 28 Step right foot behind left
- 29 Side step left foot to left side
- 30 Cross right over left
- 31 Side step left foot to left side
- 32 Step right foot behind left

JUMP, JUMP, UNWIND, KICK

- 33 Jump landing with feet apart
- 34 Hold
- 35 Jump landing with right foot crossed behind left

- 36 Hold
- 37 Unwind ½ turn to the right
- 38 Hold
- 39 Kick right foot forward
- 40 Kick right foot forward

UNCLE CLIFTON'S TURN

- 41 Touch right toe behind
- 42 Hold and extend arms straight out in front
- 43-44 Pivot ½ to the right shifting weight to right foot as you pull arms into chest

(You start this move with Right toe behind and weight on LEFT foot. As you pivot or turn shift your weight to RIGHT foot with Left toe touching behind. The arm movement will help keep your balance and help you make the slow ½ turn)

STRUTTIN' TURN

- 45 Touch left toe forward
- 46 Lower left heel
- 47 Turn ¼ turn to the right on ball of left foot and touch right toe forward
- 48 Lower right heel

REVERSE JAZZ SQUARE

- 49 Cross left over right
- 50 Step back on right
- 51 Side step left to left side
- 52 Step right next to left

ANKLE ROCKS

- 53 Cross left over right
- 54-56 With ankles still crossed, rock weight onto left, right, left

SIDE TOUCHES

- 57 Touch right toes to right side
- 58 Step right foot back next to left
- 59 Touch left toes to left side
- 60 Step left foot back next to right

KNEE POPS (Put your hands on your hips and...)

- 61 Pop right knee "loose" taking weight on left leg
- 62 Hold
- 63 Switch knees popping left knee loose and taking weight on right leg
- 64 Hold

REPEAT
