

No Trippin

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4
编舞者: Bill Bader (CAN)
音乐: No News - Lonestar

级数: Advanced hip hop



FAN RIGHT TOE, RETURN, TOUCH FORWARD, LOUIE-LOUIE, TOUCH BACK, ¼ TURN STOMP TOGETHER, QUICK SWIVET

1-2 Fan right toe out, return
3 Touch right toe forward
&4 Fan both heels in, return
5 Touch right toe back
6 Turn ¼ right keeping weight on left
7 Stomp down right heel beside left
&8 Fan right toe to right while fanning left heel to left, return

TWO TOE STRUTS BACK, HEEL JACK, STEP, TOUCH, HEEL JACK, STEP, TOUCH

1-2 Touch right toe back, lower right heel taking weight
3-4 Touch left toe back, lower left heel taking weight
&5 Step right back, touch left heel forward angled slightly left
&6 Step left in place (returning it to prior location), touch right toe beside left
&7&8 Repeat &5&6

FORWARD ½ PIVOT, SHUFFLE FORWARD, FORWARD, SHIFT/SLIDE, HITCH ¼ TURN, TOUCH, HITCH ¼ TURN, TOUCH

1-2 Step right forward, pivot turn ½ left onto left
3&4 Shuffle forward on right-left-right
5 Place left foot forward without full weight
6 Shifting full weight forward onto left dragging right toe
&7 Hitch right knee turning ¼ left, touch right toe to right side
&8 Hitch right knee turning ¼ left, touch right toe to right side

FORWARD, HOLD, 3 ROGER RABBITS, STEP BESIDE, "HALF AN APPLE" (LEFT APPLEJACK)

1-2 Step right forward, hold
&3 Hitch left knee and scoot/slide back on right, step left back
&4 Hitch right knee and scoot/slide back on left, step right back
&5 Hitch left knee and scoot/slide back on right, step left back
6 Step right beside left (but slightly apart to accommodate the next moves)

This next move is an applejack, but just half the normal pattern and done half as fast:

7-8 Left applejack: fan left toe out while fanning the right heel in, return (3:00)

Bend the knees and raise both hands in front of chest (mid-chest level) with thumbs up and fingers cupped

REPEAT