

Norma's Hand Jive

COPPER KNOB
STEPPERS

拍数: 40 墙数: 2 级数: Intermediate
编舞者: Norma Venette
音乐: Born to Hand Jive - Sha Na Na



- 1&2 Cross right foot over left and touch toes, switch and touch left toes in front of right
&3-4 Switch and touch right toes in front of left, kick right foot to the left
&5&6&7-8 Starting with your left repeat 1-4 ending with kick left foot to the right
- &9&10 Rock back on left, moving at a right diagonal shuffle forward right, left, right
11&12 Drag left foot to meet right, stomp right heel twice putting weight onto right on the second stomp
13&14 Shuffle forward left, right left
15&16 Drag right foot to meet left, stomp right heel twice keeping weight on left
- 17&18 Shuffle diagonal right (right, left, right)
With these shuffles point your fingers as thought you are shooting a gun. Move them up and down with each foot movement.
&19&20& Shuffle diagonal left (left, right, left) (using the same hand movements as in 17&18)
&21&22& Shuffle diagonal right (right, left, right)
With these shuffles instead of pointing fingers, roll your fists
&23&24& Shuffle diagonal left (left, right, left) (using same hand movements as in &21&22)
- 25-32 Step back right while crossing left palm over right, step back left while crossing right palm over left, step back on right while tapping left fist on top of right, step back left while tapping right fist on top of left
29-32 Repeat 25-28
For a more advanced step, while moving back try doing "mashed potatoes"
- 33&34 Right shuffle to the right-right left right
35&36 Hitch left leg and turn ½ turn to the right, stomp left heel twice (no weight change)
- 37&38 Left shuffle to the left (left, right, left)
39 Drag right foot to meet the left
&40 Stomp right heel twice (no weight change)

REPEAT