

Piece Of Garbage

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Improver
编舞者: Dancin' Mamas (SWE)
音乐: Thrown Out Of Love - Jason McCoy



SYNCOPATED JUMPS TWICE, & CROSS, HOLD, HEEL BOUNCE ½ TURN

&1-2 Jump back on left, touch right toe forward (knee bent), hold

Push palms forward, chest level

&3-4 Jump forward on right, touch left toe forward (knee bent), hold

Push palms forward, chest level

&5-6 Step down on left, cross right over left, hold

Cross both arms down with clenched fist

7&8 Bounce heels ½ turn left weight ends on right foot (facing 6:00)

DIAGONAL SHUFFLE LEFT, DIAGONAL SHUFFLE RIGHT, LEFT JAZZ BOX WITH TAP

1&2 Left shuffle diagonal forward (leading with hip, lindy hop style) left, right, left (10:30)

3&4 Right shuffle diagonal forward (leading with hip, lindy hop style) right, left, right (1:30)

5-8 Step left over right, step right back, step left to left, tap right beside left

Restart on wall 5. Instead of tap, on count 8 in the jazz box, cross right over left

HEEL, HOOK, MODIFY SYNCOPATED WEAVE WITH HEEL BOUNCE

1-2 Touch right heel forward, hook right foot in front of left knee

&3&4& Step right to right, cross left over right, step right to right, cross left behind right, right to right

5-6 Cross left over right, bounce both heels (weight on left)

&7&8 Right to right, cross left behind right, right to right, cross left over right

Counts &3-8 travel back on the right diagonal

(MODIFY FULL TURNING BOX) BACK, HOOK ¼ TURN, SHUFFLE ¼ TURN TWICE

1-2 Slide/step back on right, on ball on right turn ¼ left while hook left over right (9:00)

3&4 Step left ¼ turn left. Close right beside left. Step forward left (12:00)

5&6 Slide/step back on right, on ball on right turn ¼ left while hook left over right (3:00)

7&8 Step left ¼ turn left. Close right beside left. Step forward left (6:00)

MONTEREY ½ TURN RIGHT, MONTEREY ½ TURN RIGHT CROSS

1-2 Point right to right side, make ½ turn right on ball of left as you step right beside left (12:00)

3-4 Point left to left side, step left beside right

5-6 Point right to right side, make ½ turn right on ball of left as you step right beside left (6:00)

7-8 Point left to left side, cross left over right weight ends on left foot

BACK, CROSS, BACK, TAP, BACK, CROSS, BACK, CROSS

1-4 Step right back, cross left over right, step right back, tap/touch left beside right

Counts 1-4 travel back on the right diagonal

5-8 Step left back, cross right over left, step left back, cross right over left weight ends on right foot

Counts 5-8 travel back on the left diagonal

REPEAT