

Planet Janet Jam

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Janet Wilson (USA)
音乐: Bury The Shovel (Extended Mix) - Clay Walker



CROSS, STEP BACK, TRIPLE (LEFT), CROSS, STEP BACK, TRIPLE (RIGHT)

1-2 Cross left foot over right, step backward on right foot
3&4 Triple left: left, right, left
5-6 Cross right foot over left, step backward onto left foot
7&8 Triple right: right, left, right

TOUCH SIDE, FORWARD, COASTER STEP (LEFT), REPEAT ON RIGHT SIDE

9-10 Touch left toe out to left side, touch left toe forward
11&12 Step backward onto left foot, step right foot next to left, step forward onto left foot
13-14 Touch right toe out to right side, touch right toe forward
15&16 Step backward onto right foot, step left foot next to right, step forward onto right foot

BODY ROLL STEPPING LEFT, TOGETHER, SHAKE DOWN & UP; BODY ROLL STEPPING RIGHT, TOGETHER, SHAKE DOWN & UP

17-18&19 Stepping to left on left foot, roll body left, touch right foot next to left
&20 Bending knees, bump hips right while bringing right shoulder down (&), keeping knees bent, bump left & bring left shoulder down (19), straightening knees, bump hips right while bringing right shoulder down (&), bump hips left & bring left shoulder down (20) -- (weight should be on left foot)
21-22 Stepping to the right on right foot, roll body right, touch left foot next to right
&23&24 Bending knees, bump hips left while bringing left shoulder down (&), keeping knees bent, bump hips right & bring right shoulder down (23), straightening knees, bump hips left & while bringing left shoulder down (&), bump right & bring right shoulder down (24) -- (weight should be on right foot)

TOUCH FORWARD LEFT, FUNKY CHARLESTON WALK BACKWARD: LEFT-RIGHT-LEFT

25&26 Touch left toe forward, step backward onto left foot
&27&28 Step backward onto right foot, step backward onto left foot

***To achieve the funky Charleston look, keep weight on balls of feet, and swivel heels out on the & counts and in on the whole counts. While swiveling the heels, use arms in sort of a funky chicken way.....Have fun!**

2 HEEL SWITCHES: RIGHT & LEFT, ¼ TURN LEFT, BUMPING RIGHT TWICE

29&30& Touch right heel forward (29), step on right foot (&), touch left heel forward (30), step on left foot (&)
31-32 Step forward on right foot ¼ turn left while bumping hips to the right twice

REPEAT