

The Race Is On

COPPER **KNOB**
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Monica Jenssen (NOR)
音乐: The Race Is On - Sawyer Brown



STOMP, HOLD, STOMP HOLD, WALK FORWARD

1-2 Stomp right forward and hold
3-4 Stomp left forward and hold
5-8 Walk forward right, left, right and left

CLAP HANDS TWICE, SHUFFLE BACK RIGHT, SHUFFLE BACK LEFT, STEP & PIVOT ½ TURN

9-10 Clap hands twice
11&12 Step back right, close left beside right, step back right
13&14 Step back left, close right beside left, step left back
15-16 Step forward right, pivot ½ turn left

STEP & PIVOT ½ TURN, STEP RIGHT & CLAP TWICE, KNEE POPS, STEP & PIVOT

17-18 Step forward right, pivot ½ turn left
19-21 Step right beside left and clap twice
22-23 Pop left knee in toward right knee, straighten left knee
24-25 Pop right knee in towards left knee, straighten right knee
26-27 Step forward left, pivot ¼ turn right

CROSS, STEP, STEP, HOLD, ROCK LEFT, HOLD, ROCK RIGHT

28-31 Cross left over right, step right to right side, step left beside right, hold
32&33 Rock left to left side, rock onto right in place, step left beside right
34 Hold
35&36 Rock right to right side, rock onto left in place, step right beside left

PRISSY WALKS, HOLD, HEEL TOUCH, HEEL TOUCH

37 Step left forward across right, angling body to right side
38 Step right forward across left, angling body to left side
39-40 Step left forward across right, angling body to right side, hold
41-42 Touch right heel forward, step right beside left
43-44 Touch left heel forward, step left beside right

TOE TOUCH, TOE TOUCH, POINT RIGHT, POINT LEFT

45-46 Touch right toe back, step right beside left
47-48 Touch left toe back, step left beside right
49-50 Point right toe to right side, step right beside left
51-52 Point left toe to left side, step left beside right

STEP BACK, HOLD, STEP BACK, HOLD, STEP BACK HOLD, STEP BACK HOLD

53-56 Step right back, hold, step left beside right, hold
57-60 Step left back, hold, step right beside left, hold

SWIVEL HEEL, TOE, HEEL, TOE

61-64 Swivel heels to left, toe to left, heel to left, toe to center (weight on left)

REPEAT

