

Racing Horses

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Stephen Sunter (UK)
音乐: High Low and In Between - Mark Wills



2 X LEFT KICK BALL CHANGE, ROCK FORWARD, CHA-CHA

1&2 Kick left foot forward, step left next to right, step right next to left
3&4 Kick left foot forward, step left next to right, step right next to left
5-6 Rock forward on left foot, rock back on right foot
7&8 Cha-cha left, right, left

2 X RIGHT KICK BALL CHANGE, RIGHT VINE, ¼ TURN RIGHT

9&10 Kick right foot forward, step right next to left, step left next to right
11&12 Kick right foot forward, step right next to left, step left next to right
13-14& Step right to right side, step left behind right, step right making ¼ turn right
15-16 Rock forward on left foot, rock back on right foot

WALK BACK LEFT, RIGHT, LEFT, BALL CHANGE, RUNNING MAN

17-18 Step back on left, step back on right
19&20 Step back on left, step right next to left, step left slightly forward
21 Stomp right foot forward
& Scoot right foot back lifting left foot up beside right calf
22 Stomp left foot forward
& Scoot left foot back lifting right foot up beside left calf
23 Stomp right foot forward
& Scoot right foot back lifting left foot up beside right calf
24 Stomp left foot forward
& Scoot left foot back lifting right foot up beside left calf

Optional to running man step are heel switches for four counts, ending with weight on left foot.

STEP RIGHT, PIVOT ½ LEFT, STEP RIGHT, PIVOT ½ LEFT, RIGHT VINE & POINT RIGHT TOE

25-26 Step right foot forward, pivot ½ turn left
27-28 Step right foot forward, pivot ½ turn left
29-30& Step right to right side, step left behind right, step right to right
31-32 Cross step left in front of right foot, point right toe to right

SWITCH LEFT, CROSS LEFT, UNWIND ½ TURN RIGHT, CLAP, JUMP, CROSS, UNWIND, CLAP

&33 Step right foot next to left, point left toe to left
34 Cross step left in front of right
35-36 On balls of both feet unwind ½ turn right, clap
37-38 Jump both feet shoulder width apart, jump crossing right in front of left foot
39-40 On balls of both feet unwind ½ turn left, clap,

Place weight on right foot as you unwind ½ turn

REPEAT