

The Ranger

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Terri Alexander (USA)
音乐: Ready For Good Luck - The Ranger



Free Download at <http://music.download.com/>

HITCH BALL CROSS, STEP RIGHT, ROCK BACK, ¼, ½, STEP

1&2 Hitch right knee in over left knee, step on ball of right beside left, cross step left over right
3-4 Step right to right, rock left behind right
5-6 Recover weight to right, turning ¼ to right step left back
7-8 Turning ½ to right step right forward, step left forward 9:00

SLIDE HITCH TURN, ROLL SIT, STEP, ½ TURN, PRESS, SLIDE

1-2-3 Slide right up to left hitch right pivoting ½ right on ball of left, step right down and forward (this is one continuous move over 3 counts!) 3:00
&4 Push hips forward, roll back into sit position (weight to left)
5-6 Step right forward, small hitch left turning ½ right
7-8 Press left forward, push weight back to right sliding left toe back 9:00

STEP LEFT, STEP RIGHT, LEFT SAILOR, RIGHT SAILOR ½ TURN, ROCK, ROCK 1/8

1-2 Step left to left, step right to right
3&4 Step left behind right, step right to right, step left to left
5&6 Step right behind left, turn ¼ left stepping left forward, turn ¼ left stepping right to right 3:00
7-8 Rock weight to left, turn 1/8 to left rock right to right side (facing 1:30, rocking foot toward 4:30)

ANGLE WALK, SPIRAL TURN, PRESS, TURN, TAP, KICK

1-2-3 Turn ¼ left to walk forward left, right, left (toward 11:30)
4 Spiral turn right almost full turn, straightening to 9:00 wall
5-6 Press right forward, turning ¼ left recover weight to left (quick snap this turn)
7-8 Tap right toe beside left (bend knees slightly), kick right diagonally right 6:00

MODIFIED JAZZ, HITCH, PRESS ROLL TURN

1&2 Cross step right over left, step left back, step right to right
3-4 Step left forward, hitch right
5-6 Press right to right side bending knees, roll hips down and up to left (straighten legs)
7-8 Push hip to right, turn ¼ left stepping left forward 3:00

WALK RIGHT, LEFT, STOMP HEEL TWIST, KICK, CROSS, STEP ½ TURN

1-2 Walk forward right, left
3&4 Stomp right to right side (3rd position- right toe pointed right) leaning to right, turn right heel to right, turn right heel back to center
5-6 Kick right to right, cross step right over left
7&8 Step left to left side, turn ¼ right stepping right forward, turn ¼ right stepping left to left 9:00

REPEAT