

Red Nose Hair Raiser

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Rob Francis (UK) & Terri Francis (UK)
音乐: Spirit In the Sky - Gareth Gates



HEEL & TOE SWITCHES WITH CLAPS

1& Touch right heel forward, step right beside left
2& Touch left heel forward, step left beside right
3&4 Touch right heel forward, hold and clap twice
& Step right beside left
5& Touch left toe to left side, step left beside right
6& Touch right toe to right side, step right beside left
7&8 Touch right toe to right side, hold and clap twice

LEFT & RIGHT SAILOR STEPS, ½ TURN RIGHT, SHUFFLE ½ TURN RIGHT

9&10 Cross left behind right, step right to right side, step left in place
11&12 Cross right behind left, step left to left side, step right in place
13-14 Step forward left, pivot ½ turn right
15&16 Shuffle step forward making ½ turn right, stepping - left, right, left

Restart required following count 16 on wall 2 only

ROCK RECOVER, RIGHT SHUFFLE, STEP ½ PIVOT, LEFT SHUFFLE

17-18 Rock back onto right, rock forward onto left
19&20 Step forward right, close left beside right, step forward right
21-22 Step forward left, pivot ½ turn right
23&24 Step forward left, close right beside left, step forward left

SIDE ROCK CROSS & CLAP ON RIGHT & LEFT

25-26 Rock to right side on right, rock onto left in place
27&28 Cross right over left, hold and clap hands twice
29-30 Rock to left side on left, rock onto right in place
31&32 Cross left over right, hold and clap hands twice

RIGHT KICK BALL CROSS TWICE, RIGHT SIDE ROCK, CROSS SHUFFLE

33&34 Kick right diagonally forward, step right beside left, cross right over left
35&36 Kick right diagonally forward, step right beside left, cross right over left
37-38 Rock to right side on right, rock onto left in place
39&40 Cross right over left, step left to left side, cross right over left

SIDE ROCK, COASTER STEP, CROSS ROCK & TRIPLE ¾ TURN

41-42 Rock to left side on left, rock onto right in place
43&44 Step back left, step right beside left, step forward left
45-46 Cross rock forward on right, rock back onto left
47&48 Triple step ¾ turn right, stepping - right, left, right

SKATE STEPS & LOCK STEPS LEFT & RIGHT

49-50 Skate left to left diagonal, skate right to right diagonal
51&52 Step left foot forward diagonally, lock right foot behind left, step left foot forward
53-54 Skate right to right diagonal, skate left to left diagonal
55&56 Step right foot diagonally forward, lock left behind right, step right foot forward

ROCK RECOVER, TRIPLE ½ TURN, RIGHT SHUFFLE, LEFT SHUFFLE

57-58 Rock forward onto left, rock back onto right
59&60 Triple step ½ turn left, stepping - left, right, left
61&62 Step forward right, close left beside right, step forward right
63&64 Step forward left, close right beside left, step forward left

REPEAT

ENDING

To finish dance facing front wall substitute the following steps in place of steps 21-22, 23&24

21-22 Step forward on left, pivot ¼ turn to right
23&24 Cross left foot over right, step right to right side, step left foot over right
25-26 Step right foot large step to right side over 2 counts
27-28 Slide left foot up to right over 2 counts
