

Redneck Aerobics

COPPER **KNOB**
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate/Advanced
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FOUR-DIRECTIONAL TOUCHES WITH HOLDS/CLAPS

1-2 Touch right heel forward; hold the count and clap hands
& Step right foot home
3-4 Touch left toe back; hold the count and clap hands
& Step left foot home
5-6 Touch right toe to the right; hold the count and clap hands
& Step right foot home
7-8 Touch left toe to the left; hold the count and clap hands

MODIFIED JUMPING JACKS, CLAP, CROSS, UNWIND, JUMPING JACK

9-10 Switch left foot home, touching right toe right; switch right foot home, touching left toe to left side
11-12 Switch left foot home, touching right toe to right; hold the count and clap hands
13-14 Step right foot across left foot; turn ½ to the left to unwind
15-16 Jump in place, landing with feet apart; jump in place, landing with feet together

MODIFIED ROMPS

&17 Step back 45 degrees to the right on right foot; touch left heel 45 degrees forward to the left
18 Hold the count
&19 Step home on left foot; step home on right foot
20 Hold the count
&21 Step back 45 degrees to the left on left foot; touch right heel 45 degrees forward to the right
22 Hold the count
&23 Step home on right foot; step home on left foot
24 Hold the count

ROMPS

&25 Step back 45 degrees to the right on right foot; touch left heel 45 degrees forward to the left
&26 Step home on left foot; step home on right foot
&27 Step back 45 degrees to the left on left foot; touch right heel 45 degrees forward to the right
&28 Step home on right foot; step home on left foot
29-30 Touch right heel forward; touch right toe back
31-32 Hook right foot behind calf of left leg; pivot ¼ left on left foot

GRAPEVINES WITH ½ TURNS

33-34 Step right on right foot; step left foot behind right
35-36 Step right on right foot, pivoting ½ turn to the right; step left foot next to right
37-38 Step right on right foot; step left foot behind right
39-40 Step right on right foot, pivoting ½ turn to the right; step left foot next to right

LOUIE-LOUIE WALK

41 Step forward on right foot
&42 Turn both heels out; turn both heels back to center
43 Step forward on left foot
&44 Turn both heels out; turn both heels back to center
45 Step forward on right foot

- &46 Turn both heels out; turn both heels back to center
47 Step forward on left foot
&48 Turn both heels out; turn both heels back to center

STOMPS, MODIFIED MONTEREY TURNS

- 49-50 Stomp right foot in place twice
51-52 Touch right toe to right side; pivot $\frac{1}{4}$ right on left foot, stepping right foot next to left
53-54 Stomp left foot in place twice
55-56 Touch left toe to left side; pivot $\frac{1}{4}$ left on right foot, stepping left foot next to right

STEP-TOUCHES WITH $\frac{1}{4}$ TURNS

- 57-58 Step right on right foot; touch left toe next to right
59-60 Step $\frac{1}{4}$ turn left on left foot; touch right toe next to left
61-62 Step right on right foot; touch left toe next to right
63-64 Step $\frac{1}{4}$ turn left on left foot; touch right toe next to left

REPEAT
