

Rockin' Clap

COPPERKNOB
BY STEPHENETS

拍数: 64 墙数: 4 级数:
编舞者: Lois Sturgeon (AUS)
音乐: Baby Once I Get You - Scooter Lee



- 1-2 On ball of right (weight left) twist right heel to left & forward, bending left knee twist right heel right
- 3-4 On ball of right foot (weight left) twist right heel left & forward step right in place bending left knee
- 5-6 On ball of left (weight right) twist left heel to right & forward, bending right knee twist left heel left
- 7-8 On ball of left foot (weight right) twist left heel right & forward step left in place bending right knee
-
- 1 On ball of right foot (weight on left) twist right heel to left & forward
- 2 Step onto right in place bending left knee
- 3 On ball of left foot (weight on right) twist left heel to right & forward
- 4 Step onto left in place bending right knee
- 5-6 Jump back on right, jump back left (feet parallel & shoulders width apart)
- 7-8 Twist heels towards each other, twist heels out
-
- 1-2 Step back right turning $\frac{1}{4}$ right, tap left next to right clapping once
- 3-4 Step left forward turning $\frac{1}{4}$ left (to face original wall), tap right next to left clapping once
- 5-6 Step forward right, turning $\frac{1}{4}$ left, tap left next to right clapping once
- 7&8 Step left back turning $\frac{1}{4}$ right (to face original wall), tap right next to left clapping twice
-
- 1-8 Repeat last 8 beats
-
- 1&2 Step right heel to right side, step on right toe, step ball of left foot behind right (body faces front)
- 3&4-5&6 Repeat last 2 beats twice
- 7&8 Step right heel to right side drop right toe, scuff left next to right
-
- 1&2 Step left heel to left side, step on left toe, step ball of right foot behind left (body faces front)
- 3&4-5&6 Repeat last 2 beats twice
- 7&8 Step left heel to left side drop left toe, scuff right next to left turning $\frac{1}{4}$ left
-
- 1-2 Step ball of right across left, step down on right heel
- 3-4 Step left back, step right to right side (feet shoulders width apart & parallel)
- 5-6 Step ball of left across right, step down on left heel
- 7-8 Step right back, step left to left side (feet shoulders width apart & parallel)
-
- 1-2 Step ball of right forward at 45 degrees right, step right heel down
- 3-4 Step ball of left forward at 45 degrees left, step left heel down
- 5-6 Step right back, step left back next to right
- 7-8 Jump forward on right, jump forward left (feet shoulders width apart & parallel)

REPEAT