

Sally Lee Shakedown (SIs)

COPPERKNOB
STEPSHEETS

拍数: 56 墙数: 2 级数:
编舞者: Heidi Coombs (CAN) & Dan Coombs (CAN)
音乐: Fat Sally Lee - Rednex



INTRO

Done only once at the beginning of the dance, holding your right knee hitched up.

- 1 Slap your right hand down across your right leg
- & Slap your right hand up across your right leg
- 2 Slap your right hand down across your right leg
- & Slap your right hand up across your right leg
- 3 Slap your right hand down across your right leg
- 4 Slap your right hand up across your right leg, slapping your left hand with your right

Repeat this sequence four times

THE MAIN DANCE

- 1 Step right foot over left
- &2 Step back on left foot, touch right heel forward
- 3 Step forward on right, touch left toe behind right foot
- &4 Step back on left foot touch right heel forward
- &5 Step forward on right foot, touch left foot behind right foot
- &6 Step back on left foot, touch right heel forward
- &7 Step forward on right foot, touch left toe behind right foot
- 8 Tap left toe behind right foot

- 9 Step left foot over right foot
- &10 Step back on right foot, touch left heel forward
- &11 Step forward on left foot, touch right toe behind left foot
- &12 Step back on right foot, touch left heel forward
- &13 Step forward on left foot, touch right toe behind left foot
- &14 Step back on right foot, touch left heel forward
- &15 Step forward on left foot, touch right toe behind left foot
- 16 Tap right toe behind left foot

- 17 Touch right toe to the side, pivoting both heels to the right
- 18 Touch right heel to the side, pivoting both toes to the right
- 19 Touch right toe to the side, pivoting both heels to the right
- 20 Touch right heel to the side, pivoting both toes to the right
- 21 Touch left toe to the side, stepping on right foot, with both heels pointing to the left
- 22 Touch left heel to the side pivoting both toes to the left
- 23 Touch left toe to the side, pivoting both heels to the left
- 24 Touch left heel to the side, pivoting both toes to the left

- &25 Step back slightly on the left foot, touch right toe over left foot
- &26 Hitch right knee up, touch right heel in front
- &27 Hitch right knee up, touch right heel in front
- &28 Hitch right knee up, touch right heel in front
- &29 Step back slightly on right foot, touch left toe over right foot
- &30 Hitch left knee up, touch left heel in front
- &31 Hitch left knee up, touch left heel in front
- &32 Hitch left knee up, touch left heel in front

&33-40 Repeat & 23 to 32
41&42 Shuffle forward left, right, left
43-44 Wipe right foot on floor in a backward motion twice (barnyard noises optional)
45&46 Shuffle forward right, left, right
47-48 Wipe left foot on floor in a backward motion twice (barnyard noises optional)

49&50 Shuffle forward left, right, left
51-52 Wipe right foot on floor in a backward motion twice (barnyard noises optional)
53 Touch right toe to the side
54 ½ turn backward, pivoting on left foot
55-56 Tap heels together twice

REPEAT
