

Screamin Guitar

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 0 级数:
编舞者: Nicky Capper
音乐: A Little Less Talk & A Lot More Action - The Cheap Seats



RUNNING MAN WALK FORWARD

1 Step forward on right foot
& Slide right foot back and lift left leg up
2 Step forward on left foot
& Slide left foot back and lift right leg up
3-4 Repeat steps 1-3

5 Step forward on right foot
6 Step forward on left foot
7 Step forward on right foot
8 Kick left foot forward

WALK BACK TOUCH OUT MONTEREY TURN TOUCH

9 Step back on left foot
10 Step back on right foot
11 Step back on left foot
12 Touch right foot in place

13 Touch right foot to right side
14-15 Pivot a full turn right on ball of left foot right foot lifted off the floor
& Touch right foot in place
16 Lift left leg up

½ AN APPLE-JACK TOUCHES (FOUR TIMES)

17 Swivel right heel to left and touch left toe to left side
& Swivel right heel to the right and lift left leg up
18 Fan right toe to right side and touch left toe in place
& Fan right toe back in place and lift left leg up (put weight on balls of right foot)
19-24 Repeat steps 17-19 3 more times

LEFT KICK BALL CHANGE, KICK BALL CHANGE, KICK.STEP BACK, BODY ROLL

25 Kick left foot forward
& Step left foot back in place
26 Touch right toe to right side
27-28 Repeat steps 25-26 with opposite leg

29 Kick left foot forward
& Step left foot back in place
30 Step back on right foot
31-32 Forward body roll

SIDE CROSS SIDE CROSS SIDE CROSS TURN

33 Step right foot to right side
& Touch left heel to left side
34 Touch left heel forward
35-36 Repeat steps 33-34

- 37 Step right foot to right side
& Touch left heel to left side
38 Cross left foot over right
39 Unwind a ½ turn right
40 Pause for 1 beat of music

STAMP HOLD 2,3,4 STEP FORWARD TURN BACKSLIDE TOUCH

- 41 Stamp right foot forward
42-44 Hold position

45 Step forward on left foot
46 Bring right foot up to left and make a ¼ turn left (weight on right foot)
47 Step back on left foot
48 Touch right foot in place

RUNNING MAN STEP TURN STEP BACK SWEEP STEP

- 49 Step forward on right foot
& Slide right foot back and lift left leg up
50 Step forward on left foot
& Slide left foot back and lift right leg up
51 Step forward on right foot
52 Pivot a ¼ turn left (weight on left foot)

53 Step back on right foot
54-55 Sweep left foot behind right and make a ¼ turn left
56 Put weight on left foot

FORWARD BACK STEP TURN CROSS TOUCH TAP TAP

- 57 Touch right foot forward
58 Touch right foot back
59 Step forward on right foot and make a ¼ turn right
60 Touch left toe to left side

61 Cross left foot over right
62 Step forward on right foot (weight on balls of both feet)
63-64 Tap right heel down twice

REPEAT
