

She's The One

COPPERKNOB
STEPSHEETS

拍数: 0 墙数: 1 级数: Advanced
编舞者: Haydn Mackay & Rosalie Mackay (AUS)
音乐: She's the One - The Cockroaches



Sequence: AB, AB, A (counts 1-32), C, A (counts 1-32), D, B (counts 1-32), E

PART A

JUMP OUT/CROSS/OUT/TOGETHER, SIDE, SLAP, SIDE, SLAP

1-4 Jump feet apart, jump right across in front of left, jump feet apart, jump feet together
5-8 Step right to side, slap left behind right with right hand, step left to side, slap right behind left with left hand

FORWARD WALK 2/3/HOLD, POINT & POINT & POINT & STOMP

1-4 Walk forward right, left, right, hold
5&6&7&8 Point left toe to side, step on left (center), point right toe to side, step on right (center), point left toe to side, step on left (center), stomp right beside left

STOMP RIGHT, HEEL BOUNCES, KICK, KICK BALL CHANGE, SCUFF

1-4 Stomp right at 45 degrees right, bounce right heel three times while turning head & pointing right index finger from front to 45 degrees right (weight ends on right)
5-6&7-8 (Facing right diagonal) kick left forward twice, quickly step on left, step right beside left, scuff left forward

STEP, HOLD, HEEL BALL CHANGE, STEP, KICK BALL CHANGE, HOLD

1-2&3-4 (Facing right diagonal) step left forward, hold, right heel forward, quickly step on right, step left beside right
5-6&7-8 Step right forward, kick left forward, quickly step on left, step/stomp right slightly forward, hold

ROCK FORWARD/BACK, 1 3/8 TRIPLE TURN, SYNCOPATED HIP BUMPS

1-2-3&4 Rock/step left forward, rock back on right, turn 1 3/8 to left (face 9:00) stepping left, right, left
5&6-7&8 Step right diagonally forward and bump hips forward, bump hips back, hold, bump hips forward, back, forward (weight ends on right)

ROCK FORWARD/BACK, 1/2 TURN STEP, HOLD, SIDE SHUFFLE, HINGE SHUFFLE

1-2-3-4 Rock/step left forward, rock back on right, turn 1/2 turn left and step left forward, hold
5&6-7&8 Shuffle to right (right, left, right), turn 1/2 turn left and shuffle to left (left, right, left)

CROSS ROCK, 1 1/4 TRIPLE TURN, SYNCOPATED HIP BUMPS

1-2-3&4 Rock/step right across left, rock back on left, turn 1 1/4 right stepping right, left, right (face front)
5&6-7&8 Step left diagonally forward and bump hips forward, bump hips back, hold, bump hips forward, back, forward (weight ends on left)

ROCK FORWARD/BACK, QUARTER/SIDE SHUFFLE/QUARTER, PIVOT TURN, & STOMP, STOMP

1-2-3&4 Rock/step right forward, rock back on left, turn 1/4 turn right on ball of left and shuffle to right (right, left, right) turning a further 1/4 turn right on 4th count
5-6&7-8 Step left forward, pivot 1/2 turn right transferring weight to right, quickly jump forward on left, stomp right twice beside left

PART B

SIDE-CLOSES TO RIGHT, SIDE-CLOSES TO LEFT

- 1-2-3-4 Step right to side, step left beside right, step right to side, touch left beside right - right arm up/left down pointing index fingers, fingers together at chest - repeat
- 5-6-7-8 Step left to side, step right beside left, step left to side, touch right beside left - left arm up/right down pointing index fingers, fingers together at chest - repeat

SHUFFLE FORWARD, PIVOT TURN, SHUFFLE FORWARD, PIVOT TURN

- 1&2-3-4 Shuffle forward right, left, right, step left forward, turn ½ turn right transferring weight to right
- 5&6-7-8 Shuffle forward left, right, left, step right forward, turn ½ turn left transferring weight to left

DIAGONAL SIDE-CLOSES TO RIGHT, DIAGONAL SIDE-CLOSES TO LEFT

- 1-2-3-4 Step right forward at 45 degrees right, step left beside right, step right forward at 45 degrees right, touch left beside right - right arm up/left down pointing index fingers, fingers together at chest - repeat
- 5-6-7-8 Step left forward at 45 degrees left, step right beside left, step left forward at 45 degrees left, touch right beside left - left arm up/ right down pointing index fingers, fingers together at chest - repeat

CHUGS HALF TURN LEFT, CHUGS HALF TURN RIGHT

- 1-2-3-4 Turn ½ turn left on ball of left stomping right at 45 degrees right three times, step right forward (right arm up to side at ¼ turn angle with closed fist - push arm forward on each stomp)
- 5-6-7-8 Turn ½ turn right on ball of right stomping left at 45 degrees left three times, step left forward (left arm up to side at ¼ turn angle with closed fist - push arm forward on each stomp)

MOON-WALK BACK, BALL JACKS

- 1-2-3-4 Slide right back, slide left back, slide right back, slide left back (sliding toe/heel struts)
- &5&6&7&8 Step right back, left heel at 45 degrees left, step left center, step right beside left, step left back, right heel at 45 degrees right, step right center, step left beside right

PART C

ROCK FORWARD/BACK, TRIPLE TURN, SIDE, BEHIND, SIDE SHUFFLE

- 1-2-3&4 Rock/step left forward, rock back on right, turn almost full turn left (face 3:00) stepping left, right, left on the spot
- 5-6-7&8 Step right to side, step left behind right, shuffle to right stepping right, left, right

CROSS ROCK, TURN & SHUFFLE TOWARDS FRONT LEFT CORNER

- 1-2-3&4 Rock/step left across right at 45 degrees right, rock back on right, turn left and shuffle left right, left forward towards 11:00

KICK, STEP, KICK, STEP, KICK, STEP, KICK, STEP (LOW KICKS)

- 1-2-3-4 Continuing to travel towards 11:00 - kick right forward at 45 degrees right, step right forward, kick left forward at 45 degrees left, step left forward
- 5-6-7-8 Continuing to travel towards 11:00 - kick right forward at 45 degrees right, step right forward, kick left forward at 45 degrees left, step left beside right straightening to face 9:00

ROLL RIGHT & CLAP, 1 ¾ ROLL LEFT (FACING FRONT)

- 1-2-3-4 Roll full turn right stepping right, left, right, touch left beside right and clap to right
- 5-6-7-8 Roll 1 ¾ turns left stepping left, right, left, right

CROUCHING WALK BACK

- 1-2-3-4 Step left back, step right back, step left back, step right beside left (leaning forward with both thumbs pointing to chest - "mine, mine, mine, mine")

PART D

ROCK FORWARD/BACK, 5/8 TRIPLE TURN, SIDE, SLAP, SIDE, SLAP

- 1-2-3&4 Rock/step left forward, rock back on right, turn 225 degrees left (face back) stepping left, right, left
- 5-6-7-8 Step right to side, slap left behind right with right hand, step left to side, slap right behind left with left hand

SHUFFLE FORWARD, PIVOT TURN, SHUFFLE FORWARD, PIVOT TURN

- 1&2-3-4 Shuffle forward right, left, right, step left forward, turn ½ turn right transferring weight to right
- 5&6-7-8 Shuffle forward left, right, left, step right forward, turn ½ turn left transferring weight to left

DIAGONAL SIDE-CLOSES TO RIGHT, DIAGONAL SIDE-CLOSES TO LEFT

- 1-2-3-4 Step right forward at 45 degrees right, step left beside right, step right forward at 45 degrees right, touch left beside right - right arm up/left down pointing index fingers, fingers together at chest - repeat
- 5-6-7-8 Step left forward at 45 degrees left, step right beside left, step left forward at 45 degrees left, touch right beside left - left arm up/ right down pointing index fingers, fingers together at chest - repeat

CHUGS HALF TURN LEFT, CHUGS HALF TURN RIGHT

- 1-2-3-4 Turn ½ turn left on ball of left stomping right at 45 degrees right three times, step right forward (right arm up to side at ¼ turn angle with closed fist - push arm forward on each stomp)
- 5-6-7-8 Turn ½ turn right on ball of right stomping left at 45 degrees left three times, step left forward (left arm up to side at ¼ turn angle with closed fist - push arm forward on each stomp)

BACK, BACK, TURN, STEP, TWO BALL JACKS

- 1-2-3-4 Step right back, step left back, turn ½ turn right on ball of left and step right forward, step left beside right
- &5&6&7&8 Step right back, left heel at 45 degrees left, step left center, step right beside left, step left back, right heel at 45 degrees right, step right center, step left beside right

PART E

WALK BACK, LUNGE

- 1-2-3-4 Step right back, step left back, step right back, step left back finale lunge to front on right, left foot off floor, right arm outstretched to front and index finger pointing up
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