

Shiftin' Gears

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Kathy Sharpe (USA)
音乐: Drive My Car - New Frontier



POINT RIGHT, HOLD, CROSS, HOLD, POINT LEFT, HOLD, CROSS BEHIND, HOLD

- 1-2 Point right toe to right bringing both arms to left (look over right shoulder toward right toe--attitude), elbows bent, hold and snap fingers on count 2
- 3-4 Cross right foot over left with weight bring both arms center, hold
- 5-6 Point left toe out to left bringing both arms to right (look over left shoulder toward left toe--attitude), elbows bent, hold and snap fingers on count 6
- 7-8 Cross left foot behind right with weight, hold

POINT RIGHT, CROSS, POINT LEFT, CROSS BEHIND

- 1-4 Point right toe to right, cross right foot over left, point left toe to left, cross left behind right

KICK-BALL-TOUCH, KICK-BALL TOUCH WITH ¼ TURN LEFT

- 5&6 Kick right foot forward, step on right ball of foot next to left, touch left toe back
- 7&8 Kick left foot forward, step on left ball of foot while turning ¼ turn left, touch right toe back

KICK-BALL-TOUCH, KICK-BALL-TOUCH WITH ¼ TURN LEFT

- 1&2 Kick right foot forward, step on right ball of foot next to left, touch left toe back
- 3&4 Kick left foot forward, step on left ball of foot while turning ¼ turn left, touch right toe back

FWD ROCK, COASTER STEP

- 5-8 Step forward on right, rock back onto left, coaster step (step back on right, step left together with right, step forward on right)

SYNCOPATED CHASSE' FORWARD WITH SHOULDER ROLLS

- 1-2& Step forward on left (upper body facing 1 o'clock) bringing left shoulder down toward floor and begin rolling right shoulder back while holding count "2", slide right to left and step on right with weight, finishing shoulder roll while sliding and stepping onto right
- 3-4& Repeat 1-2&
- 5-6& Repeat 1-2&
- 7-8 Step forward on left, using same shoulder roll as above, hold on "8" with weight on left foot

KICK, KICK, SIDE KICK-BALL-CHANGE, TOUCH, CROSS, ¾ TURN LEFT

- 1-2 Kick right forward twice
- 3&4 Kick right to right side, step right foot slightly behind left, step weight onto left
- 5-8 Touch right toe out to right, cross right foot over left while placing right hand to right with elbow at waist level, unwind ¾ turn left on counts 7-8 (during ¾ turn left, begin to bring both arms back to left to begin dance again in a slow, sweeping motion)

REPEAT
