

Sloopy-Do

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Steve Lescarbeau (USA)
音乐: Hang on Sloopy - The McCoys



CROSS, KICK, CROSS, KICK, BEHIND, KICK, BEHIND, KICK

1-2 Cross right over left, kick left out to left

For styling - knees should be slightly bent on 1, straighten up on 2, bend elbows up on one and back down on 2 with a snap

3-4 Cross left over right, kick right out to right

For styling - knees should be slightly bent on 1, straighten up on 2, bend elbows up on one and back down on 2 with a snap

5-6 Cross right behind left, kick left out to left

For styling - knees should be slightly bent on 1, straighten up on 2, bend elbows up on one and back down on 2 with a snap

7-8 Cross left behind right, kick right forward

For styling - knees should be slightly bent on 1, straighten up on 2, bend elbows up on one and back down on 2 with a snap

VINE RIGHT WITH BRUSH, VINE LEFT WITH ¼ TURN HITCH

1-2-3-4 Step right to right, step left behind right, step right to right, brush forward left

5-6-7-8 Step left to left, step right behind left, step left to left as you make a ¼ turn left, hitch right (9:00)

SHIMMY SHAKE, RECOVER, HOLD, SHIMMY SHAKE, RECOVER HOLD

1&2 As you step forward on right, shimmy your shoulders right, left, right

3-4 Recover right to home, hold

5&6 As you step forward on left, shimmy your shoulders, left, right, left

7-8 Recover left to home, hold

DELAYED APPLE JACKS, APPLE JACKS

&1-2 Swivel ball of left foot to left while on left heel at the same time swivel right heel to left while on the ball of right foot, hold,

&3-4 Swivel left heel to right on ball of left foot at the same time swivel ball of right foot to right while on heel of right foot, hold

&5 Swivel ball of left foot to left while on left heel at the same time swivel right heel to left while on the ball of right foot, return both feet to regular position,

&6 Swivel left heel to right on ball of left foot at the same time swivel ball of right foot to right while on heel of right foot, return both feet to regular position

&7&8 Swivel ball of left foot to left while on left heel at the same time swivel right heel to left while on the ball of right foot, return both feet to regular position,

& Swivel left heel to right on ball of left foot at the same time swivel ball of right foot to right while on heel of right foot, return both feet to regular position

REPEAT