

Soul Train

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate east coast swing
编舞者: Maurice Rowe (USA)
音乐: Go-Go Gadget Gospel - Gnarl's Barkley



STEP, SCUFF HITCH ½ TURN TOUCH, SHUFFLE, ¼ TURN, SHUFFLE

1 Step left foot forward
2&3 Scuff right foot forward, hitch right knee up turning a half turn left, stepping back on right
4 Touch left next to right
5&6 Shuffle forward, left, right, left
7&8 Turning ¼ turn left, side shuffle right, left, right toward 6:00

KICK LEFT FOOT FRONT, SIDE, SAILOR STEP, KICK RIGHT FOOT FRONT, SIDE, SAILOR STEP

1-2 Kick left foot forward, kick left to left side
3&4 Step left behind right, step right to right, step left next to right
5-6 Kick right foot forward, kick right to right side
7&8 Step right behind left, step left to left, step right next to left

HEEL & HEEL & HEEL, CLAP TWICE. AND HEEL & HEEL & HEEL, CLAP TWICE

1&2 Touch left heel forward, step left next to right, touch right heel forward
&3&4 Step right next to left, touch left heel forward, clap twice (&4)
&5&6 Step left next to right, touch right heel forward, step right next to left, touch left heel forward
&7&8 Step left next to right, touch right heel forward, clap twice

SHUFFLE BACK, ROCK RECOVER, ½ TURN, ½ TURN, PIVOT ½ TURN

1&2 Shuffle back right, left, right
3-4 Rock back on left, recover weight to right
5 Step forward (toward 3:00) on left turning ½ turn right
6 Step back (toward 3:00) on right turning ½ turn right
7-8 Step forward on left, pivot ½ turn right replacing weight onto right foot (9:00)

REPEAT
