

Stop Look & Listen

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Carole Daugherty (USA)
音乐: Rubberneckin' (2003 Remix) - Elvis Presley



Position: Begin dance facing 3:00 on left, turn to face 12:00 on count 1

CROSS-¼ UNWIND-STAND, RETRO STRUTS: LEFT, RIGHT, BRUSH, TOE PRESS

&1-2 Cross ball of right foot over left, bend and open knees while unwinding ¼ left, straighten knees taking weight right while leaning back left

Arms for counts &1-6:

Right arm: extend right arm straight forward, hand held in stop position. Hold arm position through counts 6

Left arm: bend left elbow behind left hip, snap fingers using up & down motion with music through counts 6

3&4 Strut forward with left toes pointed to 9:00, pulse left knee up, step down on left heel

5&6 Strut forward on right foot, pulse right knee up, step down on right heel

Styling: travel forward toward 12:00 with body angled to face 9:00 during counts 3-6

7-8 Brush left toes straight forward, press/point left toes out left

ELVIS HIP PUSHES: LEFT, RIGHT, TWIST ¼ RIGHT, ELVIS KNEE POPS: LEFT, RIGHT

&1-2 With left toes pressed left roll left hip left turning knee out (&1), push right hip sharply out right

3&4 Turning ¼ right: twist heels left, twist heels right, twist heels left taking weight left

&5-6 Step back in place on right, pop left knee forward across right, hold (or pulse to beat)

&7-8 Step back in place on left, pop right knee forward across left, hold (or pulse with beat)

Arm styling option: add Elvis like arm movements during this 8 count section

SWITCH-CROSS, HOLD, TRAVELING RIGHT: SUGAR FOOT, STEP, TOGETHER, TOE, STEP RIGHT

&1-2 Step back in place on right foot, cross left foot in front of right, hold

3-4 Touch right toe to left instep, touch right heel to left instep

5-6 Step right on right foot, step left next to right foot

7-8 Touch right toe to left instep, step right on right foot

Or swivel to the right 5-6-7-8 taking weight right

Arm option: move arms across chest in the opposite direction of heels, look facing opposite direction of arms

¼ LEFT MONTEREY TURN, KNEE ROLL STEP, PIVOT ½ LEFT, HOLD, PADDLE ½ LEFT

1-2 Point left toes left, turn ¼ left on ball of right drawing left back to step in place

3-4 Roll right knee in, roll right knee out to step right

5-6 Pivot ½ left onto left foot, hold

&7&8 Push with right toes pressed next to left, turn ¼ left and step on left, push with right toes pressed next to left, turn ¼ left and step on left

Or replace ½ left paddle with:

7-8 Step right forward, pivot ½ left onto left

REPEAT