

Stoppin' & Steppin'

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Intermediate/Advanced
编舞者: Judy Goutierrez (USA)
音乐: Steppin' On My Heart - Chris Gray



Sequence: ABB, ABBB, AB

PART A

- 1-4 Stomp right to right side & hold right hand in front of you (shoulder height)
- 5-6 Cross left over right
- 7-8 Unwind full (full turn) turn with weight ending on left

PART B

STEP, TOGETHER, SWIVELS

- 1 Step right forward
- 2 Step left next to right
- 3 Swivel to left
- 4 Swivel back to center with weight ending on left
- 5 Step back on right
- 6 Step back on left next to right
- 7 Swivel to left
- 8 Swivel back to center with weight ending on left

RIGHT TOE TAPS, LEFT TOE TAPS, BACK STEP

- 1 Touch right toe to right side
- 2 Touch right toe next to left
- 3 Touch right heel to front
- 4 Step on right next to left
- 5 Touch left toe to left side
- 6 Touch left toe next to right
- 7 Touch left heel to front
- 8 Step back on left

SIDE KICKS, ROCK STEP, AND ¼ TURN

- 1 Kick right (45 degrees)
- 2 Step back on right
- 3 Kick left (45 degrees)
- 4 Step back on left
- 5 Step back on right
- 6 Step forward on left
- 7-8 Step forward on right with ¼ pivot turn. Weight ends on left

SIDE KICKS, ROCK STEP AND ¼ TURN

- 1 Kick right (45 degrees)
- 2 Step back on right
- 3 Kick left (45 degrees)
- 4 Step back on left
- 5 Step back on right
- 6 Step forward on left
- 7-8 Step forward on right with ¼ pivot turn. Weight ends on left

HEEL TOUCHES, TOE TAPS. HEEL SWITCHES WITH HEEL BALL CHANGE

- 1-2 Touch right heel forward twice
- 3-4 Touch right toe back twice
- 5 Touch right heel forward
- 6 Touch left heel forward
- 7& Touch right heel forward step back on right pushing weight forward
- 8 Lunging forward on left

VINE RIGHT AND LEFT, WITH ½ SPIRAL TURN

- 1-4 Vine right with a scuff on 4
- 5-8 Step left, right crosses over left, step left keeping feet close together and ½ spiral turn to the right on 8

STOMPS AND CLAPS

- 1 Stomp right forward and hold
- 2& Double clap
- 3 Stomp left forward and hold
- 4 Clap
- 5 Stomp right forward and hold
- 6& Double clap
- 7 Stomp left forward and hold
- 8 Clap

Make sure to dance all the way through the song and on the last note, stomp right with right hand out in front of you.
