

Surfin' St. Louis

COPPER KNOB
STEPPSHEETS

拍数: 40 墙数: 2 级数: Intermediate
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音乐: Surf Medley - Junior Brown



RIGHT AND LEFT BOOT LIFTS

- 1-2 Scuff right foot forward; lift right foot beside left by bending knee (still in front)
- 3-4 Touch right heel in front; step right foot to center
- 5-6 Scuff left foot forward beside right; lift left foot (still in front)
- 7-8 Touch left heel in front; hitch (lift left foot still in front).

LUNGE FORWARD LEFT, RECOVER WEIGHT TO RIGHT

- 9-12 Lower left foot in place slowly leaning forward to left lunge for 4 counts
 - 13-16 Straighten left leg as you slowly lean weight back onto right foot raising left foot into a hitch.
- Counts 9-16 are a slow lunge forward left and backward right with arms out as if for balance on a surf board. There is no forward movement. Shimmies, body rolls or any other movement is optional.

TWO ½ TURNS LEFT

- 17-18 Step forward on left foot; pivot ½ turn left on ball of left foot while lifting right foot off the floor
- 19-20 Step back on right foot; hitch left knee in front
- 21-22 Step forward on left foot; pivot ½ turn left on ball of left foot while lifting right foot off the floor
- 23-24 Step back on right foot; hitch left knee in front.

STEP-SLIDE, STEP-TOGETHER; SWIVELS

- 25-26 Step forward on left; slide right foot to left
- 27-28 Step forward on left; step right foot to left
- 29-30 Swivel both heels to right, then to center
- 31-32 Swivel both heels to left, then to center.

4 COUNT BODY TWIST, TWO ¼ TURNS LEFT

- 33-36 Keeping feet in place and bending knees, twist down, down, up, up
- 37-38 Touch right toe forward; pivot ¼ turn left on ball of left foot
- 39-40 Touch right toe forward; pivot ¼ turn left on ball of left foot.

REPEAT
