

Teenage Life

COPPERKNOB
STEPSHEETS

拍数: 0 墙数: 4 级数: Improver
编舞者: Phil Johnson (UK)
音乐: Teenage Life - Daz Sampson



Sequence: AB AC B(1-32) A

PART A

WALK FORWARD RIGHT LEFT, HIP BUMPS; WALK FORWARD LEFT RIGHT, HIP BUMPS

- 1-4 Walk forward right, left, step right to right side bumping hips right twice while leaning slightly to right pointing first and fourth fingers of right hand to right (weight on right at end of hip bumps)
- 5-8 Walk forward left, right, step left to left side bumping hips to left twice while leaning slightly to left pointing first and fourth fingers of left hand to left (weight on left at end of hip bumps)

WALK BACK RIGHT LEFT RIGHT LEFT; RIGHT COASTER, LEFT SHUFFLE

- 9-12 Walk back right, left, right, left (bouncing up and down as you go)
- 13&14 Step back on right, step on left beside right, step forward on right
- 15&16 Step forward on left, step on left beside right, step forward on left

PADDLE TURN LEFT

- 17-24 Full paddle turn right paddling round with right foot forward keeping weight on left in place (swaying hips as you go)

RIGHT MAMBO TO RIGHT; LEFT MAMBO TO LEFT; RIGHT MAMBO FORWARD; LEFT MAMBO BACK

- 25&26 Rock right to right side, recover weight on left, step on right beside left
- 27&28 Rock left to left side, recover weight on right, step on left beside right
- 29&30 Rock forward on right, recover weight on left, step on right beside left
- 31&32 Rock back on left, recover weight on right, step slightly forward on left

PART B

CHARLESTON STEPS TWICE

- 1-4 Touch right toe forward, step back on right; touch left toe back, step forward on left (12:00)
- 5-8 Touch right toe forward, step back on right; touch left toe back, step forward on left

¼ TURN LEFT CHASSE RIGHT; ½ TURN RIGHT CHASSE LEFT; ¼ TURN RIGHT COASTER; ¼ TURN RIGHT CHASSE LEFT

- &9&10 ¼ turn left, step right to right side, step left beside right, step right to right side
- &11&12 ½ turn right, step left to left side, step right beside left, step left to left side
- 13&14 ¼ turn right stepping back on right, step left beside right, step forward on right
- &15&16 ¼ turn right, step left to left side, step right beside left, step left to left side (leave right toe pointing to right) (9:00)

HIP BUMPS TRAVELING DOWN AND UP (BODY ROLL UP IF YOU LIKE)

- 17&18&19&20 (Weight remains on left and leaning slightly to left with right toe pointing to right) bump hips to left, right, left, right left, right, left (while dipping down on each hip bump; hold out right arm, index finger pointing upward to right and moving backward and forward as you hip bump, or any other kind of attitudinal movement)
- &21&22&23&24 (Weight remains on left and leaning slightly to left) bump hips to right, left, right, left, right left, right, left (while raising body up on each hip bump; still holding out right arm, index finger pointing and moving backward and forward as you hip bump, or any other kind of attitudinal movement) (9:00)

HALF TURNING RIGHT SAILOR STEP; CHASSE LEFT; MAMBO ROCK BACK AND SIDE - RIGHT AND LEFT

- 25&26 Step right behind left starting to half turn right; complete half turn right stepping left to left side, step on right to right side
- 27&28 Step left to left side, step right beside left, step left to left side
- 29&30 Rock back on right behind left, recover weight on left, step right to right side
- 31&32 Rock back on left behind right, recover weight on right, step forward on left (3:00)
- 33-64 Repeat steps 1-32 (end facing 6:00)

PART C

RIGHT SAILOR STEP AND ¼ TURNING LEFT SAILOR STEP TWICE

- 1&2 Step right behind left, step left to left side, step on right in place
- 3&4 Step left behind right ¼ turning left, step right to right side, step on left in place left (3:00)
- 5&6 Step right behind left, step left to left side, step on right in place
- 7&8 Step left behind right ¼ turning left, step right to right side, step on left in place left (12:00)

STEP FORWARD PIVOT HALF LEFT STEP FORWARD. LEFT MAMBO FORWARD; HIP BUMPS RIGHT AND LEFT

- 9&10 Step forward on right, pivot half turn left, step forward on right (6:00)
- 11&12 Rock forward on left, recover weight on right, step on left beside right
- 13&14 Step slightly forward and to the right on right bumping hips right left right (weight on right)
- 15&16 Step slightly forward and to the left on left bumping hips left right left (weight on left) (6:00)
- 17-32 Repeat steps 1-16 (end facing 6:00)

ENDING

On last beat after finishing the left mambo ¼ turn right to front
