

# Third Rock From The Sun

**COPPERKNOB**  
STEPSHEETS

拍数: 60      墙数: 4      级数:  
编舞者: Marie Noe (USA)  
音乐: Third Rock from the Sun - Joe Diffie



## CHURCH LADY STEPS

- 1-2      Step forward with your right foot as you roll your hip to the right
- 3-4      Step forward with your left foot as you roll your hip to the left
- 5-6      Step forward with your right foot as you roll your hip to the right
- 7-8      Step forward with your left foot as you roll your hip to the left

## HEEL HOOKS & HEEL SWIVELS

- 1      Touch right heel forward
- 2      Hook right heel up to left knee
- 3      Touch right heel forward
- 4      Touch right foot together
- 5      Swivel both heels to the right
- 6      Swivel both heels back to center
- 7      Swivel both heels to the right
- 8      Swivel both heels back to center

- 1      Touch left heel forward
- 2      Hook left heel up to right knee
- 3      Touch left heel forward
- 4      Touch left foot together
- 5      Swivel both heels to the left
- 6      Swivel both heels back to center
- 7      Swivel both heels to the left
- 8      Swivel both heels back to center

## ROLLING VINES & HEEL TOUCHES

- 1      Stepping to the right, start your full turn to the right
- 2      Still traveling to the right, step with your left foot continuing your turn
- 3      Stepping onto your right foot, you will have completed your full turn
- 4      Touch your left heel forward
- 5      Shift your weight onto your left foot & touch your right heel forward
- 6      Shift your weight onto your right foot & touch your left heel forward
- 7      Clap
- 8      Clap

- 1      Stepping to the left, start your full turn to the left
- 2      Still traveling to the left, step with your right foot continuing your turn
- 3      Stepping onto your left foot, you will have completed your full turn
- 4      Touch your right heel forward
- 5      Shift your weight onto your right foot & touch your left foot forward
- 6      Shift your weight onto your left foot & touch your right foot forward
- 7      Clap
- 8      Clap

## BACK STEPS & CLAPS

- 1      Step diagonally back with your right foot

- 2 Step together with your left foot as you clap
- 3 Step diagonally back with your left foot
- 4 Step together with your right foot as you clap
- 5 Step diagonally back with your right foot
- 6 Step together with your left foot as you clap
- 7 Step diagonally back with your left foot
- 8 Step together with your right foot as you clap

### **HIP GRINDS & STOMPS**

- 1 Do a hip grind to the left
- 2 Do a hip grind to the left
- 3 Do a hip grind to the left
- 4 Do a hip grind to the left

**These hip grinds are from a 12:00 position to a 9:00 position to a 6:00 position to a 3:00 position, back to a 12:00 position. Do not roll as if you were using a hula hoop.**

- 5 Stepping with your right foot, make a  $\frac{1}{4}$  turn to the right
- 6 Stomp up together with your left foot
- 7 Stepping with your left foot, make a  $\frac{1}{2}$  turn to the left
- 8 Stomp up together with your right foot

**You are now facing your new wall.**

- 1 Feet & knees together twist down to the right
- 2 Feet & knees together twist down to the left
- 3 Feet & knees together twist up to the right
- 4 Feet & knees together twist up to the left

**REPEAT**

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