

Too Much Trouble

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Michael McChord (UK)
音乐: Bury The Shovel (Dance Mix) - Clay Walker



COOL RUNNING MAN STEPS

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|---|--|
| 1 | Jump feet apart, placing right foot diagonally-forward right, and left foot diagonally-back left |
| & | Bring feet together, hitching left knee |
| 2 | Jump feet apart, placing left foot diagonally-forward left, and right foot diagonally-back right |
| & | Bring feet together, hitching right knee |
| 3 | Jump feet apart, placing right foot diagonally-forward right, and left foot diagonally-back left |
| & | Bring feet together, hitching right knee |
| 4 | Jump feet apart, placing right foot diagonally-forward right, and left foot diagonally-back left |
| & | Bring feet together, hitching left knee |
| 5 | Jump feet apart, placing left foot diagonally-forward left, and right foot diagonally-back right |
| & | Bring feet together, hitching right knee |
| 6 | Jump feet apart, placing right foot diagonally-forward right, and left foot diagonally-back left |
| & | Bring feet together, hitching left knee |
| 7 | Jump feet apart, placing left foot diagonally-forward left, and right foot diagonally-back right |
| & | Bring feet together, hitching right knee |
| 8 | Jump feet apart, placing left foot diagonally-forward left, and right foot diagonally-back right |
| & | Bring feet together, hitching right knee |

KICK-BALL-POINTS (THESE ARE AN ALTERNATIVE TO THE COOL RUNNING MAN STEPS)

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| 1&2 | Kick right foot forward, step on ball of right foot beside left, touch left foot out to left side |
| 3&4 | Kick left foot forward, step on ball of left foot beside right, touch right foot out to right side |
| 5&6 | Kick right foot forward, step on ball of right foot beside left, touch left foot out to left side |
| 7&8 | Kick left foot forward, step on ball of left foot beside right, touch right foot out to right side |

HEEL TOUCH, TURNING TOE TOUCH, STEP TOGETHER

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| 9 | Touch right heel forward |
| 10 | Touch right toe back and turn ½ right on ball of left foot |
| 11 | Touch right heel forward |
| 12 | Step on right foot in place |

HEEL TOUCH, TURNING TOE TOUCH, STEP TOGETHER

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| 13 | Touch left heel forward |
| 14 | Touch left toe back and turn ½ left on ball of right foot |
| 15 | Touch left heel forward |
| 16 | Step on left foot in place |

ROCK FORWARD, ROCK BACK

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| 17 | Rock forward onto right foot |
| 18 | Recover weight onto left foot |

- 19 Rock back on right foot
- 20 Recover weight to left foot

SYNCOPATED ROCK STEPS, AND STOMP

- 21 Rock forward onto right foot
- & Recover weight onto left foot
- 22 Rock back on right foot
- & Recover weight to left foot
- 23 Rock forward onto right foot
- & Recover weight to left foot
- 24 Stomp right foot beside left

"DWIGHT MCCHORD" STEPS

- 25 Swivel left toes to right side, lifting right foot from floor
- & Swivel left heel to right side, and touch right foot beside left
- 26 Swivel left toes to right side, lifting right foot from floor
- & Swivel left heel to right side, and touch right foot beside left

STEP RIGHT, TOUCH TOGETHER

- 27 Step on right foot slightly to right side
- 28 Touch left foot beside right (weight remains on right foot)

3-STEP 1 ¼ TURN TO LEFT, AND JUMP!

- 29 Step on left foot turning ½ left
- 30 Step on right foot turning ¼ left
- 31 Step on left foot turning ½ left
- 32 Jump forward on both feet

REPEAT
