

Tuesday's Strut

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数:
编舞者: Esella Thompson (USA) & Kathleen Burger
音乐: Down to My Last Teardrop - Tanya Tucker



CABBAGE PATCH

With both hands in front of you, elbow length and body width apart, make fists palm side down. Feet slightly apart, knees bent.

1-2 With a stirring/circular motion, hands & hips rotate from left to right
3-4 Repeat
5 Bring the right hand up with a sweeping motion and snap fingers.
&6 Sweep right hand to left then back to right and snap fingers.
7-8 Stomp right, stomp right.

9 Right heel forward
10 Right toe back
11 Right heel forward
12 Shift weight forward, dropping right foot.

13 Left heel forward
14 Left toe back
15 Left heel forward
16 Shift weight forward dropping left foot

17 Right heel out, 45 degrees
18 Bring right foot together with left
19 Left heel out, 45 degrees
20 Bring left foot together with right

21 Point right toe to right
22 Place ball of right foot on left side of left foot
& ¼ turn left equally on balls of feet
23 Lower left heel
24 Clap

SUGAR STEPS

25 Ball of right foot, inside of heel facing in or forward, & twisting body right
26 With weight on ball of right foot, swivel right heel back to center position
27-28 Repeat sugar step on the left foot

29 Sugar right
30 Sugar left
31 Stamp right
32 Stamp left

REPEAT