

Unchained Boogie Woogie

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数:
编舞者: Su Marshall (NZ)
音乐: Take These Chains from My Heart - Lee Roy Parnell



JAZZ SQUARE WITH TURN, SCOOT, STEP, ROCK BACK, ROCK FORWARD, STEP

- 1-2 Step across with right, step back on left
- 3 ¼ turn to the right & step forward on right
- 4 Hop forward on right (keeping close to ground - "scoot")
- 5-6 Step forward on left, rock back onto right
- 7-8 Rock forward onto left, step forward on right

TURN, STEP, TURN, TAP HEEL, KICK SIDE, GRAPEVINE WITH ¼ TURN, STEP

- 1 ½ turn to the left on ball of left foot (transferring weight onto left - "pivot" turn)
- 2 Step forward on right
- 3 ½ pivot turn to the left
- 4-5 Tap right heel forward, kick right foot to right side
- 6 Cross behind with right
- 7-8 ¼ turn to the left & step forward on left, step forward right

TURN, STEP, TURN, CLAP, STAMP FORWARD, HEEL STAMPS

- 1 ½ pivot turn to the left
- 2 Step forward on right
- 3-4 ½ pivot turn to the left, clap
- 5-6-7-8 Stamp right foot forward, stamp right heel in place 3 times (ball of right foot shouldn't leave the ground)

KICK, STEP BACK, TOUCH BACK, STEP, STAMP FORWARD, HEEL STAMPS

- 1-2 Kick right foot forward, step back on right
- 3-4 Touch left toe back, step forward on left
- 5-6-7-8 Stamp right foot forward, stamp right heel in place 3 times. (as above)

CROSS, CLICK, UNWIND, CLICK, HEEL SHIFTS RIGHT, LEFT, RIGHT, CENTER

- 1-2 Cross right over left, click fingers of right hand (to side)
- 3-4 Unwind ½ turn to the left, click fingers of right hand (to side)
- 5-6 With feet together swing both heels to right side, swing heels to left side
- 7-8 Swing heels to right, swing heels to center

HEEL, TOE, HEEL, TOE, KICK TWICE, COASTER

- 1-2 Tap right heel forward, tap right toe to side (turn knee inwards)
- 3-4 Repeat heel / toe movement
- 5-6 Kick right foot forward twice
- 7&8 Step back on right, close left to right, step forward on right

CROSS-OVER GRAPEVINE WITH ¼ TURN, CROSS-OVER GRAPEVINE WITH ½ TURN

- 1 ¼ turn to the left & step left foot across right
- 2-3 Step right to side, cross left foot behind
- 4 Touch right toe to side
- 5 Step right foot across left
- 6 ¼ turn to the right & step back on left
- 7-8 ¼ turn to the right & step to side on right, step left across

TOUCH SIDE, CLOSE, TURN HEAD RIGHT, LEFT, STEP, SIDE, HOLD, SIDE-SHUFFLE, CLAP

1-2 Touch right toe to side, close

3-4 Turn head to face right side, turn head to face left side

5-6 Step left foot to side, hold for 1 count

&7-8 Close right foot to left, step left foot to side, clap

REPEAT
