

West Coastin'

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Unknown
音乐: When Mama Ain't Happy - Tracy Byrd



WEST COAST STEP, LEFT COASTER STEP, RIGHT KICK-BALL-CHANGE

1-2 Step right foot forward; step left foot forward
3-4 Tap right toe behind left foot; step right foot back
5&6 Step left foot back; step right foot back; step left foot forward

WEST COAST STEP, LEFT COASTER STEP

7-8 Step right foot forward; step left foot forward
9-10 Tap right toe behind left foot; step right foot back
11&12 Step left foot back; step right foot back; step left foot forward

PRANCE FORWARD, SIDE TOUCHES WITH HOLDS

13-16 Prance forward right, left, right, left
17-18 Touch right toe to right side; hold
&19-20 Step on right foot; touch left toe to left side; hold

HEEL SWITCHES, DOUBLE KICK, ¾ TURN

&21 Step on left foot; tap right heel to right side slightly forward
&22 Step on right foot; tap left heel to left side slightly forward
&23-24 Step on left foot; crossing right foot in front of left leg, kick right foot diagonally forward right twice
25-26 Touch right toe behind left heel; hold
27-28 Spin ¾ turn right (end facing 9:00 wall with weight on both feet)

PELVIC GRINDS

29-32 Rotate hips to the left (left) in circular motion

REPEAT
