

Whole Lotta Shakin'

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Rita Tyner (CAN)
音乐: No News - Lonestar



HIP BUMPS LEFT, HOLD HIP BUMPS RIGHT, HOLD

1-3 Bump hips to the left side three times
4 Hold
5-7 Bump hips to the right three times
8 Hold

HIP BUMPS LEFT-RIGHT-LEFT, HOLD

9 Bump hips to left side
10 Bump hips to right side
11 Bump hips to left side
12 Hold with weight on left

CHARLESTON

13 Step forward with right foot
14 Kick left foot forward
15 Step back with left foot
16 Touch right toe next to left

SHUFFLE RIGHT, SHUFFLE LEFT, ROCK FORWARD, CENTER, BACK, CENTER

17 Step forward with right foot
& Step together with left foot next to right foot
18 Step forward with right foot
19 Step forward with left foot
& Step together with right foot next to left foot
20 Step forward with left foot
21 Step forward with right foot
22 Rock back onto left foot
23 Step back with right foot
24 Rock forward onto left foot

CROSS RIGHT OVER LEFT, TURN ½ TO THE LEFT, CLAP

25 Step across in front of left foot with right toe/ball
26 Start slowly unwinding ½ turn left on balls of both feet
27 Complete left turn
28 Clap hands at chest level and shift weight to left foot

SHUFFLE RIGHT, SHUFFLE LEFT, ROCK FORWARD, CENTER, BACK, CENTER

29 Step forward with right foot
& Step together with left foot next to right foot
30 Step forward with right foot
31 Step forward with left foot
& Step together with right foot next to left foot
32 Step forward with left foot
33 Step forward with right foot
34 Rock back onto left foot
35 Step back with right foot

36 Rock forward onto left foot

CROSS RIGHT OVER LEFT, TURN ½ TO THE LEFT, CLAP

37 Step across in front of left foot with right toe/ball
38 Start slowly unwinding ½ turn left on balls of both feet
39 Complete left turn
40 Clap hands at chest level and shift weight to left foot

VINE RIGHT WITH SCUFF - VINE LEFT WITH ¼ TURN TO THE LEFT

(Option is roiling vines)

41 Step to right side with right foot
42 Step across behind right leg with left foot
43 Step to right side with right foot
44 Scuff left toe/ball forward
45 Step to left side with left foot
46 Step across behind left leg with right foot
47 Step ¼ turn left with left foot
48 Scuff right toe/ball forward

(LINDY) RIGHT TRIPLE STEP AND ROCK - LEFT TRIPLE STEP AND ROCK

49 Step to right side with right foot
& Step together with left foot next to right foot
50 Step to right side with right foot
51 Step back-right with left foot
52 Rock forward onto right foot
53 Step to left side with left foot
& Step together with right foot next to left foot
54 Step to left side with left foot
55 Step back-left with right foot
56 Rock forward onto left foot

HOP FORWARD RIGHT, LEFT, CLAP - HOP BACK RIGHT, LEFT, CLAP

& Hop forward slightly with right foot
57 Step together with left foot next to right foot
58 Clap hands at chest level
& Hop back slightly with right foot
59 Step together with left foot next to right foot
60 Clap hands at chest level

RIGHT FOOT JAZZ BOX

61 Step across in front of right leg with left foot
62 Step back with left foot
63 Step to right side with right foot
64 Place left foot next to right foot

REPEAT

TAG

After dancing the 3rd and 6th repetitions, repeat counts &57-64 before starting the dance over again
