

X-Rated

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
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音乐: The Bad Touch - Bloodhound Gang



SIDE TOE SWITCHES (RIGHT&LEFT&), RIGHT TOUCH/LEFT HEEL-JACK, RIGHT STEP/HEEL SWIVELS (IN,OUT), HEEL SWIVELS (¼-LEFT)

- 1& Touch right toe out to right side, step right foot to place beside left
- 2& Touch left toe out to left side, step left foot to place beside right
- 3& Touch right toe in place beside left foot, step right foot back
- 4& Touch left heel forward, step left foot down in place
- 5 Step right foot slightly forward of left
- &6 Swivel both heels in, swivel both heels out
- 7& Swivel both heels to right, swivel both heels to center
- 8 Swivel both heels to right making a ¼ turn left (weight ending forward on left foot)

RIGHT KICK-STEP-STEP, RIGHT TOUCH/LEFT 'KICK-JACK', RIGHT STEP/½ PIVOT LEFT, RIGHT STEP/OUT-OUT (LEFT,RIGHT)

- 9&10 Kick right foot forward, step right foot to place beside left, step left foot forward
- 11& Touch right toe to place behind left foot, step right foot back
- 12& Kick left foot forward, step left foot to place beside right
- 13-14 Step right foot forward, pivot a ½ turn left
- 15 Step right foot forward
- &16 Step left foot to left side, step right foot to right side (feet shoulder width apart)

RIGHT KNEE POP-IN/POP-OUT (¼-RIGHT), RIGHT FULL ROLLING TURN FORWARD (LEFT,RIGHT), LEFT FORWARD ROCK/RECOVER, LEFT BACK/OUT-OUT (RIGHT,LEFT)

- 17-18 Pop right knee in, pop right knee out making a ¼ turn right
- 19 Make a ½ turn right on ball of right foot stepping left foot back
- 20 Make a ½ turn right on ball of left foot stepping right foot forward
- 21-22 Rock left foot forward, recover weight back onto right foot
- 23 Step left foot back
- &24 Step right foot back to right side, step left foot to left side (feet shoulder width apart)

TRAVELING APPLEJACKS LEFT, TRAVELING APPLEJACKS RIGHT, HAND MOVEMENTS (4 COUNTS)

- 25 Swivel right toe and left heel to left
- & Swivel right heel and left toe to left
- 26 Swivel right toe and left heel to left
- 27 Swivel right toe and left heel to right
- & Swivel right heel and left toe to right
- 28 Swivel right toe and left heel to right
- 29 Step back right (lift both arms crossing right in front of left making a x in front of face)
- 30 (Place right hand in the air ready to lasso & left forward like holding reins on a horse)
- 31-32 (Move right arm like you are turning a rope & thrust hips forward and back. Weight ends on left.)

REPEAT