

You Can Dance

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4
编舞者: Mark Bagnall (UK)
音乐: Dancing Queen - ABBA



Sequence: AA Tag BB Tag Tag A Tag B to fadeout. I.E. Part A for verses and part B for chorus. Start on the first verse ("Friday night...")

PART A

A1: ROCK AND CROSS TWICE, SHUFFLE $\frac{1}{4}$ LEFT, SHUFFLE $\frac{1}{2}$ LEFT

1&2 Step right foot to right, replace weight on left foot, step right foot over left foot
3&4 Step left foot to left, replace weight on right foot, step left foot over right foot
5&6 Shuffle $\frac{1}{4}$ turn left (right-left-right)
7&8 Shuffle $\frac{1}{2}$ turn left (left-right-left)

A2: $\frac{1}{2}$ PIVOT TURN LEFT, KICK BALL-CHANGE, DIAGONAL SHUFFLES TWICE

1-2 Step right foot forward, turn $\frac{1}{2}$ left stepping left foot forward
3&4 Kick right foot forward, replace right foot, replace left foot
5&6 Shuffle forward diagonally right (right-left-right)
7&8 Shuffle forward diagonally left (left-right-left)

A3: HINGE TURN $\frac{1}{2}$ RIGHT, STOMP TWICE, WAIT TWICE WITH CLAPS, HEEL CHANGES, HEEL TAPS TO SIDE

1-2 Step right foot to right, turn $\frac{1}{2}$ right stepping left foot to left
3& Stomp right foot, stomp left foot
4& Clap twice
5&6& Right foot heel forward, replace right foot, left foot heel forward, replace left foot
7-8 Point right foot toe slightly diagonally right with two right foot heel bounces

A4: HIP BUMP X3, $\frac{3}{4}$ TURN LEFT, (BUMPS AND TURNS SHOULD FIT WITH THE MUSIC)

1 Bump hips (right)
2& Bump hips (left, right)
3-4 Wait
5 Turn $\frac{1}{4}$ to left (left)
6& Turn $\frac{1}{2}$ to left (right, left)
7-8 Wait

PART B

Sections 3 and 4 are mirror images of sections 1 and 2: i.e., Left becomes right etc

B1: ROCK, REPLACE, SHUFFLE ACROSS, SPIN $\frac{3}{4}$ RIGHT, SHUFFLE FORWARD

1-2 Step right foot to right side, replace weight on left foot
3&4 Shuffle right foot across left foot (right-left-right)
5-6 Turn $\frac{1}{4}$ right (left), turn $\frac{1}{2}$ right (right)
7&8 Shuffle forward (left-right-left)

B2: WALK FORWARD TWICE, TOE TAP, SYNCOPATED PADDLE TURN $\frac{3}{4}$ LEFT, SHUFFLE FORWARD

1-2 Walk forward twice (right, left)
3 Tap right foot toe in place
&4&5&6 (Tap right foot toe diagonally right, put weight on right foot toe as left foot turns $\frac{1}{4}$ left) x3
7&8 Shuffle forward (right-left-right)

B3: ROCK, REPLACE, SHUFFLE ACROSS, SPIN $\frac{3}{4}$ LEFT, SHUFFLE FORWARD

1-2	Step left foot to left side, replace weight on right foot
3&4	Shuffle left foot across right foot (left-right-left)
5-6	Turn $\frac{1}{4}$ left (right), turn $\frac{1}{2}$ left (left)
7&8	Shuffle forward (right, left)

B4: WALK FORWARD TWICE, TOE TAP, SYNCOPATED PADDLE TURN $\frac{3}{4}$ RIGHT, SHUFFLE FORWARD

1-2	Walk forward twice (left, right)
3	Tap left foot toe in place
&4&5&6	(Tap left foot toe diagonally left, put weight on left foot toe as right foot turns $\frac{1}{4}$ right) x3
7&8	Shuffle forward (left-right-left)

TAG

ROCK, REPLACE, WEAWE LEFT, ROCK, REPLACE, $\frac{3}{4}$ TURN LEFT

1-2	Step right foot to right side, replace weight on left foot
3&4	Step behind left foot with right foot, left foot to left side, step right foot in front of left foot
5-6	Step left foot to left side, replace weight on right foot
7&8	Shuffle $\frac{3}{4}$ turn to left (left-right-left)
