

# I Heard It Through The Grapevine

**COPPER** KNOB  
STEPPERS

拍数: 48      墙数: 4      级数: Intermediate  
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音乐: I Heard It Through the Grapevine - Michael McDonald



## SUGAR PUSH WITH FOOT CIRCLE

1-2&3-4      Step forward right, forward left, moving backward let your body face a forward right diagonal and step slightly back with right foot, cross left in front of right still going back, step right back

### Turn slightly back to facing front (12:00)

5-6      Weight on right and do a foot circle with your left (lift your left leg bent at knee and keeping knee in one spot, make a small circle to the left with left foot), step down on the left having turned  $\frac{1}{4}$  turn to the left

### Body is facing 9:00, but left foot is turned out left facing 7:30

7-8      Turn  $\frac{1}{4}$  right and step with right foot forward, walk forward left

### Back to facing 12:00

## SKATERS TURN, PIVOT, SIDE ROCK CROSS

9-10      Turn  $\frac{1}{2}$  to the left by keeping weight on left and sweep right around (skaters turn that came off the forward momentum of previous left step)

11-12      Walk right, step forward left

13-14      Stationary pivot  $\frac{1}{2}$  turn off the left foot to the right and step on right foot, step forward left

15&16      Rock right to side, recover left, cross right in front of left

## RONDE, SAILOR, HEEL DROPS, POINT BALL CHANGE

17-18      Do a twist turn ronde by unwinding from the cross to your left with weight on right foot and ronde with the left

### You will have made a 1 & $\frac{1}{8}$ turn back to front diagonal left

19&20      Sailor step and point by stepping back with left, slightly side right, point left foot to left

21-22      Drop left heel twice

23&24      Point ball tap (like a kick ball tap) by pointing left foot to left slightly above the floor, step near where the left was pointed, turn  $\frac{1}{2}$  right and tap right foot forward with the toe facing 3:00

## 8 COUNT LADY'S WHIP

### This is exactly the footwork for a lady's closed whip in west coast swing couples

25-26      Walk forward right, step forward left turning  $\frac{1}{2}$  turn to the right

27&28      Back coaster step by stepping back right, together left, forward right

29-30      Step forward left turning  $\frac{1}{2}$  turn to the right, step back right

31&32      Triple step in place left, right, left

### End with toes pointed in and heels split

## TURNING APPLE JACK (SORT OF) SUGAR TUCK

33      Put weight on right ball and left heel and split feet out (heels in)

&      Transfer weight to left ball and right heel and swivel feet in (heels out)

34&35&      Repeat 33& two more times

36      Repeat 33 and make a  $\frac{3}{4}$  rotation weight on left

### If not quite finished, you can adjust to $\frac{3}{4}$ on next step

37-38      Walk forward right, forward left

39-40      Touch right behind left, turn  $\frac{1}{2}$  turn to the right and step right

### This is the start of a sugar tuck turn in west coast

## TURN, POINT FLICK, HIP STEPS

41&42      Turn full turn on a triple step to the right starting with your left ending with a step forward on the left (left, right, left)

- 43-44 Tap the right toe forward, turn  $\frac{1}{2}$  turn to the right while flicking your right foot in an attitude position and dropping weight onto left foot even more
- To do this you have to lift your left heel on an & between 3-4 so that you drop on 4 at end of turn**
- 45-46 Step forward right, swing left hip up and touch left toe to floor
- 47-48 Step forward left, turn  $\frac{1}{4}$  turn right as you swing right hip forward and touch right toe to floor in a tap

## REPEAT

## RESTART

After 4 times through, go through the first 16 beats but on 15&16 (side rock, recover, cross) do a side rock, recover and tap right next to left. Then restart

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