

# Hard, Long, Soft, Short

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Mickey Gifford (USA)  
音乐: Strokin' - Clarence Carter



Dance starts when CC sings ..."stroking to the east..." (until then you can sway your hips and look sexy)

## SLIDE RIGHT, AGAIN, SLIDE LEFT, AGAIN, HAND MOTIONS

- 1-4      Slide right foot right, slide left foot to right foot, again  
As you're doing this, you're making a pumping motion with your right hand, so elbow bent up pump, pump. This is the same motion you made as a kid when you wanted to get a trucker or a train to blow his horn! Left hand is on your left hip  
5-8      Slide left foot left, slide right foot to left foot, again (hand motions to the left this time)

## SLIDE RIGHT FOOT UP, KNEE POPS, SLIDE LEFT FOOT UP, KNEE POPS, HAND MOTIONS

- 1-2      Slide right foot up, on ball of that foot, right foot will bounce with knee bent (pumping 1...2 with right hand)  
3-4      Slide left foot up, on ball of that foot, left foot will bounce with knee bent (pumping 1...2 with left hand)

## SLIDE RIGHT FOOT BACK, KNEE POPS, SLIDE LEFT FOOT BACK, KNEE POPS, HAND MOTIONS

- 5-6      Right foot slide back, right foot will bounce with knee bent (pumping 1...2 with right hand)  
7-8      Slide left foot back, left foot will bounce with knee bent (pumping 1...2 with left hand)

## CHA - CHA, LEFT PIVOT, BACK GRAPEVINE, STEP RIGHT, PIVOT RIGHT

- 1-3      Right foot cha - cha (left hand on hip)  
4-5      As you come back up to left foot you'll pivot left ¼ turn  
6-8      Back grapevine, so left foot behind right foot, step out with right foot then pivot right on right foot right ¼ turn

## FRONT GRAPEVINE, STEP RIGHT, TOGETHER WITH KNEE POP, PELVIC THRUSTS

- 1-4      Right foot right, front grapevine (left foot in front of right foot) right foot right, left foot right with a knee pop  
5-8      Pelvic thrust 4x  
LADY: Right hand behind head in a saucy gesture  
MAN: Hands clasped behind your back or on hips or the girl's way if you insist

## REPEAT

## TAG

On 4th repeat add 8 more pelvic thrusts