

Groovegrass

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Gloria Johnson (USA)
音乐: Little Cabin On the Hill - The GrooveGrass Boyz



CROSS-SHUFFLE, SYNCOPATED HEELS, BACK SHUFFLE, SYNCOPATED HEELS

1&2 Cross-step right over left; step left to left side; cross-step right over left
3&4 With feet still crossed, swivel heels out-in-out
5&6 Step right diagonally back right; step left back across right; step right diagonally back
7&8 With feet still crossed, swivel heels out-in-out

SYNCOPATED HOPS BACK, KNEE ROLLS

&9-10 Turning 1/8 right (now facing 1:30), jump back right, left; hold
&11-12 Jump back right, left; hold
13&14 Three quick knee rolls right with right knee (to the right)
15&16 Three quick knee rolls left with left knee left (to the left)

SYNCOPATED HOPS BACK, KNEE ROLLS

&17-18 Turning 1/8 right (now facing 3:00), jump back right, left; hold
&19-20 Jump back right, left; hold
21&22 Three quick knee right rolls with right knee (to the right)
23&24 Three quick knee rolls left with left knee (to the left)

JUMP, TOGETHER; JUMP APART; JUMP, FEET CROSSED; SYNCOPATED HEEL SWIVELS TURNING ½ TURN

25&26 Jump, landing w. Feet together; jump, landing with feet apart; jump landing with right crossed over left
27&28 Bounce three times turning on balls of both feet ¼ left
29-30 Bounce twice turning ¼ left on balls of both feet
31&32 Kick right forward; step on ball of right; step on left

REPEAT
