

Gmc (Go Marrissa & Courtney)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Marrissa Mason (USA) & Courtney Ozovek (USA)
音乐: Ooh Boy - Real McCoy



When using "Ooh Boy", dance starts after 16 beat instrumental

KICK RIGHT, RIGHT, TRIPLE STEP, KICK LEFT, LEFT, TRIPLE STEP

- 1-2 Kick forward right, kick right to side
- 3&4 Shuffle in place right (right, left, right)
- 5-6 Kick forward left, kick left to side
- 7&8 Shuffle in place left (left, right, left)

RIGHT SAILOR, LEFT SAILOR, STOMP RIGHT, STOMP LEFT, CLAP, CLAP

- 1&2 Right sailor step
- 3&4 Left sailor step
- 5-6 Stomp together right, stomp together left
- 7-8 Clap hands twice

RIGHT K-B-C, RIGHT K-B-C, STEP RIGHT, ½ LEFT, STOMP RIGHT, CLAP

- 1&2 Right kick-ball-change
- 3&4 Right kick-ball-change
- 5-6 Step forward right, ½ turn left shifting weight to left
- 7-8 Stomp together right, clap

HEEL GRINDS WALKING FORWARD

- 1 Step forward onto right heel with toes up and pointed inward, grind heel into floor while fanning toes outward
- 2 Step down on right
- 3-4 Repeat using left foot (2 counts per walk)
- 5-8 Repeat heel grinds walking forward (same as above)

RUNNING MAN, SHUFFLE RIGHT, SHUFFLE LEFT

- 1& Step forward right & scoot right back and hitch left knee
- 2& Step forward left & scoot left back and hitch right knee
- 3&4& Repeat
- 5&6 Shuffle forward right (right, left, right)
- 7&8 Shuffle forward left (left, right, left)

STEP RIGHT, ½ LEFT, STOMP, CLAP, RIGHT HEEL FANS

- 1-2 Step forward right, ½ turn left shifting weight to left
- 3-4 Stomp together right, clap
- & With weight on left foot lift right heel slightly off floor and fan out to
- 5 Return home
- &6-8 Repeat 3 more times for &, 6, &, 7, &, 8

MASHED POTATOES (CHARLESTON SWIVELS) TRAVELING BACKWARDS

- & Lift right foot slightly off floor and turn both toes in/heels out
- 1 Step back onto right foot as you turn both toes out/heels in (1)
- & Lift left foot slightly off floor and turn both toes in/heels out
- 2 Step back onto left foot as you turn both toes out/heels in
- & Lift right foot slightly off floor and turn both toes in/heels out

- 3 Step back onto right foot as you turn both toes out/heels in (3)
- &4 Swivel both heels out & in
- &5-8 Repeat &1-4 traveling back leading with left foot

JUMP, CLAP & JUMP, JUMP, CLAP, JAZZ BOX TURNING ¼ LEFT, JUMP/CLAP

- 1-2 Jump forward on both feet, clap hands
- &3-4 Jump forward on both feet twice, clap hands (4)
- 5-6 Cross right over left, step back left while turning ¼ left
- 7-8 Step in place on right, jump forward on both feet while clapping hands

REPEAT
