

Go Sister!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Susan Byrne (AUS)
音乐: Lady Marmalade - All Saints



KICK/STEP FORWARD, KICK/STEP FORWARD, KICK SIDE, SWIVEL

- 1&2& Kick right forward, step forward on right, kick left forward, step forward on left
3&4& Kick right to right side, step right beside left (weight on both feet), swivel both heels to right, swivel both heels center
5&6& Kick left forward, step backwards on left, kick right forward, step backwards on right
7&8& Kick left to left side, step left beside left (weight on both feet), swivel both heels to left, swivel both heels center

Weight ends on right

BACKWARDS STEP, SIDE STEP, BACKWARDS STEP, SIDE STEP

- &9&10 Step backwards onto left, touch right heel forward, step onto right and touch ball of left next to right
11-12 (Turn head left) touch/step left to left side with ball of foot, touch left next to right
&13&14 Step backwards onto right, touch left heel forward, onto left and touch ball of right next to left
15-16 (Turn head right) touch/step right to right side with ball of foot, step right next to left (weight ends on right)

PIVOT TURN, ¾ TURN WITH 3 PADDLE STEPS

- 17-18 Step forward left and ½ pivot on balls of feet to right (weight ends on right)
19-20 Step forward left and ½ pivot on balls of feet to right (weight ends on right)

Tip for paddle steps: Step left to left side with ball of foot and raise left knee slightly as you "push up". As you step to the side your hips will naturally push out. Slow shimmy with upper body

- 21& Beginning a ¾ turn, pivot a ¼ turn right on ball of right, touch ball of left to left side raising left knee
22&23&24 Touch ball of left to left side raising left knee slightly, touch ball of left to left side raising left knee slightly, step down left next to right (weight ends on both feet)

HEEL SPLITS, KNEE LIFT, HEEL SPLITS, KNEE LIFT TOUCH/STEP, TOUCH/STEP

- 25&26& With weight forward on balls of feet, swivel heels out and in, lift left knee up and step left next to right (weight ends on both feet)
27&28& With weight forward on balls of feet, swivel heels out and in, lift right knee up and touch right next to left (weight ends on both feet)
29-30 Pushing hips forward, touch ball of right forward at 45 degrees, step right next to left (weight ends on right)
31-32 Pushing hips forward, touch ball of left forward at 45 degrees, step left next to right (weight ends on left)

REPEAT