

Friends Like These

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 4 级数: Improver
编舞者: Carole Daugherty (USA)
音乐: Stuck In the Middle With You - Louise



Sequence: AA, A-, B, AAA, A-, BAA

PART A

SHUFFLE RIGHT, ½ PIVOT RIGHT, SHUFFLE LEFT, ¾ PADDLE TURN

1&2 Shuffle forward right, left, right
3-4 Step forward left, pivot ½ right
5&6 Shuffle forward left, right left
7&8 Touch right toe forward pivot ½ left, lift right, touch right toe pivot ¼ left

SHUFFLE RIGHT, ½ PIVOT RIGHT, SHUFFLE LEFT, FULL TURN LEFT

1&2 Shuffle forward right, left, right
3-4 Step forward left, pivot ½ right
5&6 Shuffle forward left, right, left
7-8 Step forward right, then onto left while making a full left turn

STEP OUT RIGHT, LEFT, RIGHT, LEFT, DIP & BUMPS

1-2 Step right foot slightly right, step left foot slightly left
3-4 Step right foot further right, step left foot further left
5-8 Dip bending at knees, while rising bump right, left, right, left taking weight left

CROSS BEHIND HOLD TWICE, PENGUIN WALKS RIGHT, LEFT, RIGHT, STEP LEFT

1-2 Cross right foot sharply behind left, hold
3-4 Cross left foot sharply behind right, hold
5-6 Cross right foot sharply behind left, cross left foot sharply behind right
7-8 Cross right foot sharply behind left, step down on left across right

SHUFFLE RIGHT, KNEE ROLL, SHUFFLE LEFT, KNEE ROLL

1&2 Side shuffle right, left right
3-4 Touch left toe home with knee across right, roll left knee left
5&6 Side shuffle left, right, left
7-8 Touch right toe home with knee across left, roll knee out right

WIDE STRUT TWICE, PIGEON TOES, BODY ROLL

1-2 Strut forward wide on right with toe out, drop heel
3-4 Strut forward wide on left with toe out, drop heel
5-6 Turn both toes inward, bring both heels together
7-8 Body roll upwards

PART B

Do part B when vocals slow with the word Pleeeeeease
You will have just completed an A- (counts 1-24 of part A)

RIGHT CROSS UNWIND ½, BODY ROLL

1-6 Cross right over left, unwind ½ left slowly
7-8 Body roll ending with weight right

LEFT CROSS UNWIND ½, BODY ROLL

1-6 Cross left over right, unwind right slowly

7-8 Body roll ending with weight left

Option: execute full turns in both 8 ct patterns above...or freestyle for 16 counts ending with weight left

SWEEP RIGHT BEHIND, TOE TAP TWICE, HEEL JACK, STEP, SWIVELS

1-2 Sweep right toe right ending behind left while angling upper body 1/8 right

3-4 Tap right toe behind left, repeat

&5 Step back on right, dig left heel forward

6-7-8 Touch down with left, swivel right heel, toe, heel home taking weight on count 8

SWEEP LEFT BEHIND, TOE TAP TWICE, HEEL JACK, STEP, SWIVELS

1-2 Sweep left toe left ending behind left while angling upper body 1/8 left

3-4 Tap left toe behind right, repeat

&5 Step back on left, dig right heel forward

6-7-8 Touch down with right, swivel left heel, toe, heel home taking weight on count 8

For styling, end the dance with cross behind holds right, left with ¼ turn left to face front wall, right using 4 counts each.
