

Frim Fram Dance

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Improver west coast swing
编舞者: Denise Stone (USA)
音乐: Frim Fram Sauce - Diana Krall



SIDE, BEHIND, SIDE, TOUCH, TOUCH, BEHIND, SIDE, FORWARD

1-2 Step right foot side right, cross and step left foot behind right
3-4 Step right foot side right, touch left toe forward
5-6 Touch left toe side left, cross and step left foot behind right
7-8 Step right foot side right, step left foot forward

FORWARD, HOLD, PIVOT ½, FORWARD, FULL TURN TRAVELING FORWARD, SIDE ROCK, ROCK HOME

1-2 Step right foot forward, hold
3-4 Pivot ½ turn left, step right foot forward
5-6 Turn ½ right stepping left foot back, turn ½ right stepping right foot forward

Easier no-turn option

5-6 Step left foot forward, step right foot forward)

Now facing 6:00 wall

7-8 Rock left foot to left side, return weight to right foot

CROSS, SIDE, BEHIND, POINT, BEHIND, SIDE, CROSS, POINT

1-2 Cross and step left foot over right, step right foot side right
3-4 Cross and step left foot behind right, point and touch right toe to right side
5-6 Cross and step right foot behind left, step left foot side left
7-8 Cross and step right foot over left, point and touch left toe to left side

BACK, POINT, BACK, POINT, ROCK BACK, ROCK HOME, ½ TURN, ¼ TURN

1-2 Step left foot back, point and touch right toe side right
3-4 Step right foot back, point and touch left toe side left
5-6 Rock left foot back, return weight to right foot
7-8 Turn ½ right stepping left foot back, turn ¼ right stepping right foot side right

Now facing 3:00 wall

CROSS, SWEEP, CROSS, SWEEP, JAZZ BOX, CROSS

1-2 Step left foot forward crossing over right, sweep right toe around in front of left
3-4 Step right foot forward crossing over left, sweep left toe around in front of right
5-6 Cross and step left foot over right, step right foot back
7-8 Step left foot side left, cross and step right foot over left

BACK, HOLD, ROCK BACK, ROCK HOME, STEP, PIVOT ¼, STEP, PIVOT ¼

1-2 Step left foot back, hold
3-4 Rock right foot back, return weight to left foot
5-6 Step right foot forward, pivot ¼ turn left putting weight on left foot
7-8 Step right foot forward, pivot ¼ turn left putting weight on left foot

Now facing 9:00 wall

CROSS, SIDE, ROCK BACK, ROCK HOME, SIDE, ROCK BACK, ROCK HOME, SIDE

1-2 Cross and step right foot over left, step left foot side left
3-4 Rock right foot behind left, return weight to left foot
5-6 Step right foot side right, rock left foot behind right
7-8 Return weight to right foot, step left foot side left

ROCK BACK, ROCK HOME, SIDE, TOUCH, FORWARD, TOUCH, SWEEP ¼ TURN

- 1-2 Rock right foot behind left, return weight to left foot
- 3-4 Step right foot big step right, touch left toe beside right
- 5-6 Step left foot forward, touch right toe beside left
- 7-8 Turn ¼ left while sweeping right foot from side to front, touch right toe next to left

Now facing 6:00 wall

REPEAT

OPTIONAL ENDING:

Song ends on count 32. Dance up to count 31 (4th section of 8), "turn ½ right stepping left foot back". You are now facing 12:00. Hold & snap fingers & smile for count 32
