

F.T.B. 96 (For The Band - 96 Count)

COPPER KNOB
STEPPERS

拍数: 96

墙数: 1

级数: Intermediate/Advanced west coast
swing



编舞者: Mike Salerno (USA)

音乐: Mustang Sally - Wilson Pickett

VINE RIGHT, POINT ACROSS, STEP SIDE, POINT ACROSS, STEP SIDE, POINT ACROSS

- 1-2 Step right foot to right side, cross/step left foot behind right foot
3-4 Step right foot to right side, cross/point left foot in front of right foot
5-6 Step left foot to left side (slightly forward), cross/point right foot in front of left foot
7-8 Step right foot to right side (slightly forward), cross/point left foot in front of right foot

SIDE TOE STRUT, CROSSING TOE STRUT, SIDE TOE STRUT, RIGHT KICK-BALL-CHANGE

- 9-10 Step left toe to left side, drop/step left heel in place
11-12 Cross/step right toe in front of left foot, drop/step right heel in place
13-14 Step left toe to left side, drop/step left heel in place
15& Kick right toe forward, step lightly on ball of right foot
16 Step left foot beside right foot

STEP, ¼ PIVOT LEFT, STEP, ¼ PIVOT LEFT, SIDE TRIPLE STEP, ROCK, STEP

- 17-18 Step right foot forward, pivot a ¼ turn left, transferring weight to left foot
19-20 Step right foot forward, pivot a ¼ turn left, transferring weight to left foot
21& Step right foot to right side, step left foot beside right foot
22 Step right foot to right side
23-24 Rock/step left foot backwards, step right foot in place

SIDE TRIPLE STEP, ROCK, STEP, STEP, ¼ PIVOT LEFT, STEP, ¼ PIVOT LEFT

- 25& Step right foot to right side, step left foot beside right foot
26 Step right foot to right side
27-28 Rock/step left foot backwards, step right foot in place
29-30 Step right foot forward, pivot a ¼ turn left, transferring weight to left foot
31-32 Step right foot forward, pivot a ¼ turn left, transferring weight to left foot

WALK, WALK, HITCH, STEP, HEEL, POINT, HOLD, POINT, HOLD

- 33-34 Step right foot forward, step left foot forward
35&36 Hitch right knee, step on ball of right foot beside left foot, tap left heel forward
&37-38 Step left foot beside right foot, point right toe to right side, hold
&39-40 Step right foot beside left foot, point left toe to left side, hold

LEFT SAILOR STEP, RIGHT SAILOR STEP, STEP, ½ PIVOT, STEP, ½ PIVOT WITH A TOUCH

- 41& Cross/step left foot behind right foot, step ball of right foot to right side
42 Step left foot in place
43& Cross/step right foot behind left foot, step ball of left foot to left side
44 Step right foot in place
45-46 Step left foot forward, pivot a ½ turn right, transferring weight to right foot
47-48 Step left foot forward, pivot a ½ turn right, touch right toe forward

VINE TWO RIGHT, SAILOR SHUFFLE, VINE TWO LEFT, SAILOR SHUFFLE

- 49-50 Step right foot to right side, cross/step left foot behind right foot
&51 Step ball of right foot to right side, tap left heel forward diagonal
&52 Step ball of left foot beside right foot, cross/step right foot in front of left foot

- 53-54 Step left foot to left side, cross/step right foot behind left foot
&55 Step ball of left foot to left side, tap right heel forward diagonal
&56 Step ball of right foot beside left foot, cross/step left foot in front of right foot

BACK, SIDE, CROSS, LEFT KICK-BALL-CROSS, ROCK, STEP, LEFT SAILOR, STEP

- 57& Step right foot backwards, step left foot to left side
58 Cross/step right foot in front of left foot
59& Kick left toe forward, step lightly on ball of left foot
60 Cross/step right foot in front of left foot
61 Rock/step left foot to left side
62 Step right foot in place
63& Cross/step left foot behind right foot, step ball of right foot to right side
64 Step left foot in place

RIGHT KICK, STEP, HEEL SPLIT, LEFT KICK, STEP, HEEL SPLIT, POINT RIGHT, POINT LEFT, BRUSH, HITCH, STOMP

- 65& Kick right foot forward, step right foot beside left foot
66& Spread heels apart, bring heels together
67& Kick left foot forward, step left foot beside right foot
68& Spread heels apart, bring heels together
69& Point right toe to right side, step right foot beside left foot
70& Point left toe to left side, step left foot beside right foot
71&72 Brush right foot forward, hitch right knee, stomp right foot beside left foot

STEP, DRAG, BALL-CROSS, HIP LIFTS

- 73-75 Take a long step to right side with right foot, drag left foot toward right foot
&76 Step on ball of left foot behind right heel, cross/step right foot in front of left foot
77-78 Toe left toe to left side while lifting left hip up to left side, settle hip to right side
79-80 Lift left hip up to left side, settle hip to right side

PRESS LINE, BALL-CROSS, HOLD, REPEAT

- 81-82 Press ball of left foot into floor with heel up, knee bent, shift weight to left foot
&83 Step on ball of left foot behind right heel, cross/step right foot in front of left foot
84 Hold
85-88 Repeat steps 81-84 above

ROCK/STEP, ¼ TURNING COASTER STEP, POINT AND ½ TURNING HIP ROLL

- 89-90 Rock/step left foot to left side, step right foot in place
91& Step left foot backwards, step right foot beside left foot with a ½ turn left
92 Step left forward
93-96 Point right foot forward with pressure on ball of foot, hip roll to the left while turning ½ left ending with weight on left foot

REPEAT

Easy option:

- 93-96 Right foot forward, ¼ pivot with hip roll, repeat
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