

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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