

Forgotten Footsteps (Shake Your Reykjavik!)

COPPER KNOB
STEPSHEETS

拍数: 64
编舞者: Christopher Petre (USA)
音乐: Big Time Sensuality - Björk

墙数: 4

级数: Intermediate west coast swing



Choreographed August '04 for the Windy City Line Dance Mania 2004 Choreography Competition, Chicago, Illinois

Winner All-American Line Dance Showdown Choreography Competition (Country Intermediate/Advanced) February '05

For "Big Time Sensuality" by Bjork-start after 16 counts

For "Love Train" by Big & Rich-start 16 counts after the guitar kicks in (16 counts before the lyrics)

& RIGHT HEEL-HOLD, & LEFT TOE, & RIGHT HEEL, & LEFT HEEL-HOLD, & POINT RIGHT SIDE, & POINT LEFT SIDE

- &1-2 Step left slightly back to left, touch right heel diagonally forward, hold
- &3 Step right in place next to left, touch left toe next to right heel
- &4 Step slightly back on left, touch right heel diagonally forward
- &5-6 Step right in place next to left squaring off to front wall, touch left heel forward, hold
- &7 Step left in place next to right, point right toe out to right side
- &8 Step right in place next to left, point left toe out to left side

& ¼ LEFT POINT RIGHT SIDE-HOLD, SYNCOPATED VINE, ¼ LEFT STEP LEFT, FULL TURN LEFT HITCH, RIGHT SHUFFLE

- &1-2 Turning ¼ left, step left in place next to right and point right toe to right side, hold
- 3&4 Step right behind left, step left to left side, cross step right in front of left
- 5 Turning ¼ left step forward left, keep right shoulder back (prep for turn)
- 6 Hitch right knee as you complete one full turn left on ball of left foot (easier if you lift knee higher on the & count)
- 7&8 Shuffle forward right, left, right (facing rear wall, 6:00)

ROCK-RECOVER, ½ LEFT SHUFFLE, STEP RIGHT, ½ LEFT CHAINÉ TURN, ½ TURN LEFT TOUCH LEFT TOE, STEP LEFT

- 1-2 Rock forward on left recover weight onto right
 - 3&4 Turning ½ left shuffle forward left, right, left
 - 5-6 Step forward right, turn ½ left keeping weight back on right
- Styling: lean forward & push hips back sweeping your backside around. Then straighten up for 7**
- &7-8 Turning ½ left (&.) tap ball of left foot slightly forward of right foot (let this stop your momentum), step forward (not in place) with left (front wall, 12:00)

STEP RIGHT, ¼ RIGHT HITCHING LEFT, CROSSING SHUFFLE, & LEFT HEEL-HOLD, & RIGHT TOE, & LEFT HEEL

- 1-2 Step forward right, hitch left knee turning ¼ right
- 3&4 Step left in front of right, step right to right side, step left in front of right
- &5-6 Step right to right side, touch left heel diagonally forward, hold
- &7 Step left in place next to right, touch right toe next to left heel
- &8 Step slightly back on right, touch left heel diagonally forward

& RIGHT HEEL-HOLD, & ¼ RIGHT POINT LEFT, & POINT RIGHT, & ¼ RIGHT POINT LEFT-HOLD, SYNCOPATED VINE

- &1-2 Step left in place next to right squaring off to side wall, touch right heel forward, hold

- &3 Turning ¼ right, step right in place next to left and point left toe to left side
- &4 Step left in place next to right, point right toe out to right side
- &5-6 Turning ¼ right, step right in place next to left and point left toe to left side, hold (9:00)
- 7&8 Step left behind right, step right to right side, cross step left in front of right

BUMP & FLICK, SYNCOPATED VINE, BUMP & FLICK, ¼ LEFT SAILOR JACK

- 1&2 Bump right hip down pressing right to right side, shift weight to left, bump right hip up flicking right leg out to side
- 3&4 Step right behind left, step left to left side, cross step right in front of left
- 5&6 Bump left hip down pressing left to left side, shift weight to right, bump left hip up flicking left leg out to side
- 7&8 Step left behind right, turning ¼ left step right in place, touch left heel forward

& RIGHT HEEL-HOLD, & LEFT TOE, ½ TURN LEFT RIGHT TOE, & LEFT HEEL-HOLD, & CROSS & JACK

- &1-2 Step left in place next to right, touch right heel forward, hold
- &3 Step right in place next to left and touch left toe next to right heel
- &4 Turning ½ left step left in place, touch right toe next to left heel
- &5-6 Step right in place next to left squaring off to front wall, touch left heel forward, hold
- &7&8 Step slightly back on left, step right in front of left, step left to left, touch right heel diagonally forward

& CROSS & BEHIND & JACK-HOLD, & RIGHT HEEL, & LEFT TOE, ½ TURN LEFT RIGHT TOE, & LEFT HEEL & ¼ LEFT

- &1&2 Step slightly back on right, step left over right, step right to right, step left behind right
- &3-4 Step right to right, touch left heel diagonally forward, hold
- &5 Step left in place next to right, touch right heel forward
- &6 Step right in place next to left and touch left toe next to right heel
- &7 Turning ½ left step left in place, touch right toe next to left heel
- &8& Step right in place next to left squaring off to rear wall (6:00), touch left heel to forward, turning ¼ left stepping back on left* (facing 3:00 wall)

Notice that the "and" counts, before count 1 and after the last count 8 of the dance, are one in the same. You will always turn ¼ left to restart the dance, except at the beginning

REPEAT
