

# Feel The Beat

**COPPER** **KNOB**  
STEPSHEETS

拍数: 0                      墙数: 4                      级数: Improver  
编舞者: Little Lynne B (UK)  
音乐: Stomp - Steps



Sequence: AAA B AAA B AA B

## PART A

### TOE STRUTS FORWARD X 4

- 1                      Step right toe forward
- 2                      Drop right heel taking weight
- 3                      Step left toe forward
- 4                      Drop left heel taking weight
- 5-8                    Repeat counts 1-4

### WALKS BACK AND FORWARD

- 9                      Walk back right
- 10                     Walk back left
- 11                     Walk back right
- 12                     Dig left heel forward
- 13                     Walk forward left
- 14                     Walk forward right
- 15                     Walk forward left
- 16                     Stomp right

### STEP AND STOMPS X 4

- 17                    Step right to right side
- 18                    Stomp left beside right
- 19                    Step left to left side
- 20                    Stomp right beside left
- 21                    Step forward right
- 22                    Stomp left beside right
- 23                    Step left back
- 24                    Stomp right beside left, keeping weight on left

### CROSS ROCK, ¼ TURN, ROCKS FORWARD & BACK, HALF TURN & TOUCH

- 25                    Cross rock right over left
- 26                    Step back on left
- 27                    Step onto right making ¼ turn right
- &                    Step back on left making ¼ turn right
- 28                    Step forward right making ¼ turn right
- 29                    Rock forward on left
- 30                    Step back on right
- 31                    Pivot ½ turn left putting weight on left
- 32                    Touch right toe beside left

## PART A TAG

Add 4 extra counts to the end of the 8th and last repeat of Part A as follows:

- 1                      Rock forward right
- 2                      Step back left
- 3                      Step on to right making ½ turn right

4 Step together

## **PART B**

### **SIDE STEPS & CLAPS, STOMPS & CLAPS**

- 1 Hold
- 2 Hold (optional - hold hands at shoulder height palms facing upwards)
- 3 Step right to right side (on the word 'body')
- 4 Step left beside right
- 5 Step right to right side
- & Touch left beside right with clap
- 6 Hold & clap
- 7 Step left to left side
- 8 Step right beside left
- 9 Step left to left side
- & Touch right beside left with clap
- 10 Hold & clap
- 11 Walk right
- 12 Walk left
- 13 Stomp right
- 14 Stomp left
- 15 Stomp right
- & Hold & clap
- 16 Hold & clap

### **SIDE STEPS & CLAPS**

- 17 Step right to right side
- 18 Step left beside right
- 19 Step right to right side
- & Touch left toe beside right & clap
- 20 Hold & clap
- 21 Step left to left side
- 22 Step right beside left
- 23 Step left to left side
- & Touch right toe beside left & clap
- 24 Hold & clap

### **WALK, SWIVELS & STOMPS**

- 25 Step right forward
  - 26 Step left beside right
  - 27 Swivel heels right
  - 28 Swivel heels left
- Counts 27 & 28 may be replaced by applejacks**
- 29 Stomp right
  - 30 Stomp left
  - 31 Stomp right
  - & Hold & clap
  - 32 Clap
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