

Double XI (Ouch!)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数:
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音乐: XXL - Keith Anderson



LEFT TO SIDE, RIGHT SAILOR, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT FORWARD, RIGHT KICK BALL STEP

- 1 Step left to side
- 2&3 Cross step right behind left, step left to side, step right to side
- 4-6 Step left forward, pivot ½ right, step left forward
- 7&8 Kick right forward, step right together, step left forward

Anderson restart: during the 2nd time through the dance, change counts 7&8 to right kick ball touch left together. Restart the dance (you will be facing right side wall)

WALK FORWARD 2, RIGHT SAILOR, LEFT TOUCH BACK, ½ LEFT TURN, RIGHT KICK BALL STEP

- 1-2 Step right forward, step left forward
- 3&4 Cross step right behind left, step left to side, step right to side
- 5-6 Touch left toes back, unwind ½ left putting weight on left
- 7&8 Kick right forward, step right together, step left forward

Philipsson restart: during the 3rd time through the dance, change counts 7&8 to right kick ball touch left together, restart the dance (you will be facing back wall)

SYNCOPATED FORWARD RIGHT & LEFT ROCK STEPS, LEFT FULL TRAVELING BACK, ¼ LEFT SHUFFLE

- 1-2 Rock right forward, recover weight on left

Connor restart: during 7th time through dance (starts facing back wall) after the rock recover above, add &3-4: step right back, touch left together hold with weight on right & start dance again

- &3-4 Step right back, rock left forward, recover weight on right
- 5-6 Turning ½ left step left forward, turning ½ left step right back
- 7&8 Turning ¼ left step left to side, step right together, step left to side

RIGHT JAZZ BOX-BALL-CROSS, RIGHT TO SIDE, ¼ LEFT COASTER, RIGHT FORWARD (EXTENDED 5TH), ½ RIGHT & LEFT BACK

- 1-2 Cross step right over left, step left back
- &3-4 Step right to side, cross step left over right, step right to side
- 5&6 Turning ¼ left step left back, step right together, step left forward
- 7-8 Step right forward in extended 5th, turning ½ right step left back

RIGHT COASTER HEEL, BALL CROSS POINT, RIGHT SAILOR, ¼ LEFT SAILOR

- 1&2 Step right back, step left together, touch right heel forward
- &3-4 Step right back, cross step left over right, touch right toes to side
- 5&6 Cross step right behind left, step left to side, step right to side
- 7&8 Turning ¼ left step left behind right, step right to side, step left to side

RIGHT FORWARD, LEFT SIDE POINT, RIGHT SIDE SWITCH & HOLD, LEFT TOGETHER, RIGHT TO SIDE, LEFT CROSS OVER, RIGHT SCISSOR

- 1-2 Step right forward, touch left toes to side
- &3-4 Step left together, step right to side, hold
- &5-6 Step left together, step right to side, cross step left over right
- 7&8 Step right to side, step left together, cross step right over left

REPEAT

RESTART

When dancing to "XXL" by Keith Anderson, during the 2nd time through the dance, dance only the first 8 counts, changing counts 7&8 to right kick ball touch left together. Restart the dance (you will be facing right side wall).

When dancing to "It Hurts" by Lena Philipsson, during the 3rd time through the dance, dance only the first 16 counts, changing counts 7&8 to right kick ball touch left together, restart the dance (you will be facing back wall).

When dancing to "From Zero To Hero" by Sarah Connor, during 7th time through dance (starts facing back wall) after the rock recover on counts 17-18, add &3-4: step right back, touch left together hold with weight on right & start dance again.
