

Cripple Creek

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Kip Sweeny (USA)
音乐: Cripple Creek - Jim Rast & Knee Deep



TOE-HEEL, SHUFFLE IN PLACE; TOE-HEEL, SHUFFLE IN PLACE

1-2 Touch right toe beside left instep; touch right heel beside left instep
3&4 Step on right foot; step left beside right; step on right foot
5-6 Touch left toe beside right instep; touch left heel beside right instep
7&8 Step on left foot; step right beside left; step on left foot

KICKS

9& Kick right foot out at 45 degree angle (2:00); step right foot beside left
10& Kick left foot out at 45 degree angle (11:00); step left foot beside right
11& Kick right foot out at 45 degree angle (2:00); step right foot beside left
12& Kick left foot forward; hold

ROCK STEP FORWARD; ROCK-STEP BACK; SIDE SHUFFLE

13 Rock step forward onto left foot
14 Rock step backward onto right foot
15&16 Step left foot to left side; step right together; step left foot to left side

FORWARD SHUFFLES

17&18 Step forward on right; step left together; step forward on right
19&20 Step forward on left; step right together; step forward on left
21&22 Step forward on right; step left together; step forward on right
23&24 Step forward on left; step right together; step forward on left

RIGHT GRAPEVINE; LEFT GRAPEVINE

Hand motions: Brush hands down, then up, then clap, then snap fingers on both regular grapevines

25-26 Step right foot to right side; cross-step left behind right
27-28 Step right foot to right side; touch left beside right
29-30 Step left foot to left side; cross-step right behind left
31-32 Step left foot to left side; touch right beside left

RIGHT GRAPEVINE WITH ½ TURN; LEFT GRAPEVINE

33-34 Step right foot to right side; cross-step left behind right
35 Step right foot to right side
36 Pivot ½ turn right while stepping on right foot and hitching left knee
37-38 Step left foot to left side; cross-step right behind left
39-40 Step left foot to left side; step right foot beside left

APPLEJACKS

41& With weight on left heel and right toe, swivel right heel to the left; return to center
42& Change weight to left toe and right heel and swivel left heel to the right return to center
43& Change weight back to left heel and right toe and swivel right heel to the left; return to center
44& Swivel right heel to the left again; return to center
45& Change weight to left toe and right heel and swivel left heel to the right; return to center
46& Swivel left heel to the right again; return to center
47& Change weight to left heel and right toe and swivel right heel to the left; return to center
48& Change weight to left toe and right heel and swivel left heel to the right; return to center

Options for the applejacks steps include swiveling heel together first to the left, to the center; to the right, to the center; to the left, to the center; to the right, to the center.

REPEAT
