

Cotton Eye Jam

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate/Advanced
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音乐: Cotton Eye Joe - Rednex



RUNNING MAN (STEP, SLIDE BACK) WITH SIDE TOUCHES

1 Step forward on right
& Slide back on right, hitching (lift) left
2 Step forward on left
& Slide back on left, hitching (lift) right
3 Weight on left, touch right out to right side
& Slide back on left, hitching (lift) right
4 Step right beside left
& Slide back on right, hitching (lift) left
5 Step forward on left
& Slide back on left, hitching (lift) right
6 Step right beside left
& Slide back on right, hitching (lift) left
7 Weight on right, touch left out to left side
& Slide back on right, hitching (lift) left
8 Step left beside right

PUSH TURNS (½ TURN, ½ TURN)

1-3 Weight on ball of left, tap right out to right side 3 times, pushing self ½ turn left as you tap
4 Step down on right
5-7 Weight on ball of right, tap left out to left side 3 times, pushing self ½ turn right as you tap
8 Step down on left

KICK BALL CHANGES

1-4 Right kick ball change twice

CORKSCREW TURN (FULL TURN)

5 Cross right over left
6-7 On balls of both feet, turn full turn left (now facing 12:00)

Shift weight to left, left will be crossed over right

8 Touch right beside left

THE CROUCH (¼ TURN)

Keep knees slightly bent for next 8 counts

1 Cross step right over left, pivoting ¼ turn left
2 Weight on right, hold
3 Cross step left over right
4 Weight on left, hold
5 Crouching down, step right long step back (place hands on thighs as you go down)
6 Weight on right, hold
7 Slide left back to beside right as you straighten up (no weight change)
8 Keeping weight on right, hold

ROMP STEPS

& Step left slightly out to left side
1 Touch right heel forward 45 degrees right

- & Step right beside left
- 2 Step left beside right
- & Step right slightly out to right side
- 3 Touch left heel forward 45 degrees left
- & Step left beside right
- 4 Step right beside left (weight even)

HIP ROLLS (ONE FULL CIRCLE FOR EACH COUNT)

- 5-8 Roll hips to the left 4 times (roll hips right to left, shifting weight to left on the last count)

CORKSCREW WITH RIGHT VINE

- 1 Touch right out to right side
- 2 Cross right over left
- 3-4 On balls of both feet, turn full turn left, shifting weight to left

Left will be crossed over right

- 5 Weight on left, step right to right side
- 6 Cross step left behind right
- 7 Step right to right side
- 8 Touch left beside right

CORKSCREW WITH LEFT VINE

- 1 Touch left out to left side
- 2 Cross left over right
- 3-4 On balls of both feet, turn full turn right, shifting weight to right

Right will be crossed over left

- 5 Weight on right, step left to left side
- 6 Cross step right behind left
- 7 Step left to left side
- 8 Touch right beside left

½ TURN, ¼ TURN

- 1 Step forward on right
- 2 Pivot ½ turn left, changing weight to left
- 3 Step forward on right
- 4 Pivot ¼ turn left, changing weight to left

JAZZ BOX WITH ¼ TURN

- 5 Cross right over left
- 6 Stepping back on left, turn ¼ turn left
- 7 Step right beside left
- 8 Step left beside right

REPEAT
