

Centipede Stomp

COPPER KNOB
STEPPERS

拍数: 62 墙数: 4 级数: Advanced
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音乐: Ain't Your Dog No More - Billy Ray Cyrus



SAILOR SHUFFLES

1 Cross right foot behind left and step
& Step slightly to the side on left foot
2 Step slightly to the side on right foot
3 Cross left foot behind right and step
& Step slightly to the side on right foot
4 Step slightly to the side on left foot
5-8 Repeat beats 1 through 4

JUMP, CROSS, UNWIND, HOLD

9 Jump feet apart
10 Jump and cross right over left
11 Unwind ½ turn to the left
12 Hold

RUNNING MAN, SCUFF

& Scoot backward on right foot
13 Hop onto left foot
& Scoot backward on left foot
14 Hop onto right foot
& Scoot backward on right foot
15 Hop onto left foot
& Scoot backward on left foot
16 Hop onto right foot
& Scoot backward on right foot
17 Hop onto left foot
& Scoot backward on left foot
18 Hop onto right foot
& Scoot backward on right foot
19 Hop onto left foot
& Scoot backward on left foot
20 Scuff right foot forward

FORWARD SHUFFLES, MILITARY PIVOT, FORWARD SHUFFLES

21&22 Shuffle forward right
23&24 Shuffle forward left
25 Step forward on right foot
26 Pivot ½ turn to the left on ball of right foot and shift weight to left foot
27&28 Shuffle forward right
29&30 Shuffle forward left

ROMPS

& Step ball of right foot back and diagonally right
31 Touch left heel for-ward
& Step left foot back to home
32 Touch right toe next to left foot

- & Step ball of right foot back and diagonally right
- 33 Touch left heel forward
- & Step left foot back to home
- 34 Touch right toe next to left foot

MILITARY TURNS LEFT, STOMPS

- 35 Step forward on right foot
- 36 Pivot $\frac{1}{4}$ turn to the left on ball of foot and shift weight to left foot
- 37-38 Repeat beats 35 and 36
- 39-40 Repeat beats 35 and 36
- 41 Stomp right foot next to left
- 42 Stomp left foot next to right

SWIVEL WALK LEFT, SWIVEL WALK RIGHT

- 43 Swivel heels to the left
- 44 Swivel toes to the left
- 45 Swivel heels to the left
- & Swivel toes to the left
- 46 Swivel heels to the left
- 47 Swivel heels to the right
- 48 Swivel toes to the right
- 49 Swivel heels to the right
- & Swivel toes to the right
- 50 Swivel heels to the right

SYNCOPATED VINES LEFT & RIGHT, TURN

- 51 Step to the left on left foot
- 52 Cross right foot behind left and step
- & Step to the left on left foot
- 53 Cross right foot over left and step
- 54 Step to the left on left foot
- 55 Step to the right on right foot
- 56 Cross left foot behind right and step
- & Step to the right on right foot
- 57 Cross left foot over right and step
- 58 Step to the right on right foot and make a $\frac{1}{4}$ turn to the right with the step

$\frac{3}{4}$ KICK TURN

- 59 Kick left foot forward
- 60 Swing left foot around and make a $\frac{1}{2}$ turn to the right on ball of right foot
- 61 Kick left foot forward and make a $\frac{1}{4}$ turn to the right on ball of right foot
- 62 Step down on left foot

REPEAT

OPTIONAL LOW IMPACT MANEUVER

- 59 Step forward on left foot
 - 60 Pivot $\frac{1}{2}$ turn to the right on ball of left foot and shift weight to right foot
 - 61 Step forward on left foot
 - 62 Pivot $\frac{1}{4}$ turn to the right on ball of left foot (weight remains on left foot)
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