

Callin' From The Heart

COPPER KNOB
STEPPERS

拍数: 64 墙数: 1 级数: Intermediate
编舞者: Michele Burton (USA)
音乐: Operator - Manhattan Transfer



STEP KICK SIDE, CROSS BALL CHANGE, REPEAT

- 1-2 Step forward on right, kick left foot to left (low)
- 3&4 Cross left over right, step right on ball of right foot, return weight to left foot
- 5-6 Step forward on right, kick left foot to left (low)
- 7&8 Cross left over right, step right on ball of right foot, return weight to left foot

STEP TOUCH, SIDE BODY ROLL WITH ¼ TURN RIGHT, ROLLING ¾, SHUFFLE RIGHT

- 1-4 Step forward on right, touch left to left side, body roll side left turning ¼ right (sit on left hip, right knee popped)
- 5-6 Step right foot in place, turn ½ right and step left back
- 7&8 Turn ¼ right and step right, step left beside right, step right foot to right (shuffle right)

SAILOR STEP, ½ TURN SAILOR, SHUFFLE FORWARD, STEP ½ PIVOT

- 1&2 Cross step left foot behind right, step right beside left, step left foot to left
- 3&4 Dig ball of right foot behind left (beginning ½ turn to right on ball of right foot), step left beside right (facing ¼ right of front wall), step right beside left (finishing another ¼ turn right - facing back wall)
- 5&6 Step forward on left foot, step right foot beside left, step forward on left foot
- 7&8 Step forward on right foot, ½ pivot left, shift weight to left foot

STEP ½ PIVOT LEFT, ¾ TURN (LEFT) TOUCH, STEP BACK, STEP BACK, STEP BACK, COASTER STEP

This ½ pivot ¾ turn is quite slow. No need to rush either turn. Use the ½ pivot to gain momentum for the ¾ turn

- 1&2 Step forward on right foot, ½ pivot left, shift weight to left foot
- 3-4 Continue turning to the left ¾ turn on ball of left foot (tap right foot behind left heel at end of count 3), step back on right

An easier option is a triple step ¾ turn for counts 3-4

- 5-6 Step back on left foot, step back on right foot
- 7&8 Step back on left foot, step right beside left, step left forward

STEP TOUCH, STEP TOUCH, STEP TOUCH, STEP TOUCH INTO ½ TURN LEFT

- 1-2 Step forward on right foot, touch left foot to left (the low book on the head look - bend the right knee/stretch the left touch)
- 3-4 Step forward on left foot, touch right foot to right
- 5-6 Step forward on right foot, touch left foot to left
- 7-8 Step left ¼ turn left (try a body roll if you like), turn ¼ left on ball of left and touch right next to left

TOUCH RIGHT, TOUCH CENTER, ROLL INTO BALL HEEL RIGHT, CROSSOVER SYNCOPATED VINE

- 1-2 Touch right foot to right, touch right foot beside left
- 3-4 Push right hip to right stepping to right and pressing ball of right foot to floor, drop right heel to floor placing weight on right foot
- 5&6& Cross left over right, step right side right, cross left behind right, step right side right
- 7&8& Cross left over right, step right side right, cross left behind right, step right side right

If it feels better to do all the crosses in front, go for it

CROSS BODY ROCK RETURN, TRIPLE STEP FULL TURN (LEFT), ROCK STEP FORWARD, SHUFFLE BACK

- 1-2 Cross rock on left foot in front of right foot, return weight to right foot
3&4 Step into ¼ turn left on left foot, step into ¼ turn left stepping on right foot, step into ½ turn left on left foot
5-6 Rock forward on right foot, return weight to left foot
7&8 Step back on right foot, step left beside right, step back on right foot

STEP BACK TOUCH, STEP IN PLACE TOUCH, 1 ¼ PADDLE TURN LEFT

- 1-2 Step back on left (nice big sliding step), touch right ball of foot beside left

Styling: bring arms up and snap on counts 2 and 4

- 3-4 Step right slightly forward, touch left foot beside right (angle body slightly right)
5&6 Step left foot into ¼ turn left, step on bal of right foot, return weight to left foot making ¼ turn left (airplane arms)
&7&8 Step on ball of right foot, return t to left foot making ¼ turn left, step on ball of right foot, return weight to left foot making ½ turn left

Think of this as "step, rock, step, rock, step, rock, step" turning a little bit each time until you have turned all the way around in one spot to face the same wall you started the dance

REPEAT
