

Bundle Of Nerves

COPPER KNOB
BYEFOOTETS

拍数: 36 墙数: 4 级数: Intermediate
编舞者: Joy Layer (UK) & Janet Billington (UK)
音乐: Bundle of Nerves - Ken Mellons



STRUT, STRUT, STRUT, STRUT

1-4 Right strut, left strut, right strut, left strut

KICK BALL CHANGE, STOMP, CLAP, KICK BALL CHANGE, STOMP, CLAP

5&6 Kick right forward, step right beside left, step left in place, stomp right in place, clap

7&8 Kick left forward, step left beside right, step right in place, stomp left in place, clap

HEEL, HEEL, HEEL, TOE, TWIST, TWIST

9&10& Right heel forward, step right in place, left heel forward, step left in place

11&12& Right heel forward, tap right toe behind, swivel heels a quarter to left, swivel heels a half to right

SHUFFLE, SHUFFLE, STEP TURN, SHUFFLE TURN

13&14& Step forward left, close right beside left, step forward left, step forward right, close left beside right, step forward right

15&16& Step forward left, pivot half turn right, shuffle step half turn right, stepping-left, right, left

BACK, TOGETHER, CROSS, SIDE AND CROSS

17&18 Step back right, step back left, cross right over left

19&20 Step left to left side, step right in place, cross left over right

SIDE, BEHIND, SIDE, INFRONT, SIDE, TURN, SHUFFLE

21&22& Step right to right side, cross left behind right, step right to right side, cross left in front of right

23&24& Step right to right side, step a quarter turn on left to left, step forward right, close left beside right, step forward right

STEP, TURN, SHUFFLE TURN, JUMP OUT, JUMP IN

25&26& Step forward left, pivot half turn right, shuffle half turn right, stepping-left, right, left

27 Jump feet apart (syncopated)

28 Jump feet together (syncopated)

MONTEREY TURN, KNEE, KNEE

29& Touch right to right side, pivot full turn right stepping right in place with weight

30& Touch left to left side, step left in place

31-32 Right knee pop, left knee pop

KICK BALL CHANGE, STEP TURN

33&34 Kick right forward, step right beside left, step left in place

35-36 Step forward right, turn quarter to left

REPEAT
