

Breakin' Bad

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Jennifer Pasley-Smith (USA)
音乐: Are You Jimmy Ray? - Jimmy Ray



RIGHT STOMP, RIGHT HEEL FAN, SYNCOPATED HOP/STOMP FORWARD, RIGHT HEEL FAN, SYNCOPATED HOP/STOMP FORWARD, RIGHT HEEL FAN, LEFT HEEL FAN, RIGHT HEEL FAN

- 1 Stomp right foot forward
- &2 Fan right heel out and in (right then left)
- &3 Pushing off of right, hop left foot behind right and stomp right foot forward
- &4 Fan right heel out and in
- &5&6 Repeat &3&4
- &7 Fan left heel out and in
- &8 Fan right heel out and in (weight on right)

LEFT KICK, RIGHT TOE, LEFT TOE, ¼ "TOE TURN" TO LEFT, RIGHT KICK, LEFT TOE, RIGHT TOE, ½ "TOE TURN" TO RIGHT

- 9 Kick left foot forward
- &10 Step left foot beside right, touch right toe beside left
- &11 Step right foot beside left, touch left toe slightly behind right
- 12 Pivot ¼-turn left, shifting weight to left foot and "popping" (bending) right knee
- 13 Kick right foot forward
- &14 Step right foot beside left, touch left toe beside right
- &15 Step left foot beside right, touch right toe slightly behind left
- 16 Pivot ½-turn right, shifting weight to right foot and popping (bending) left knee.

(PENDULUM STEP) TOUCH LEFT, SHIFT WEIGHT TO LEFT, SYNCOPATED HOP LEFT, SHIFT WEIGHT LEFT, SHIFT WEIGHT RIGHT, TOUCH RIGHT, TOUCH FRONT, TOUCH TOGETHER

- 17 Touch left foot to left side, pointing arms (palms toward body) toward left toe
- 18 Shift weight to left foot, moving arms toward right toe (pendulum-like)
- &19 Step right foot beside left, touch left foot to left side, moving arms back toward left
- 20 Shift weight to left foot, moving arms toward right
- 21 Shift weight back to right foot, (moving hands back to left)
- &22 Step left foot beside right, touch right foot to right side
- &23 Step right foot beside left, touch left heel forward
- &24 Step left foot beside right, touch right toe slightly behind left

¼-MILITARY TURN RIGHT, STEP, TOE, ¼-MILITARY TURN RIGHT, STOMP, RIGHT KICK, TOUCH BACK, SHIFT WEIGHT BACK, SHIFT WEIGHT FORWARD

- 25 Pivot ¼-turn to right, shifting weight to right foot, "popping" (bending) left knee
- &26 Step on left foot, touch right foot beside left
- 27 Pivot ¼-turn to right, shifting weight to right foot, "popping" (bending) left knee
- 28 Stomp left foot forward
- 29 Kick right foot forward
- 30 Touch right foot back
- 31 Bend knees and rock back on right foot, placing hands on thighs and leaning back slightly
- 32 Shift weight forward to left and straighten body

REPEAT