

Blue-Zzzy

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Improver
编舞者: Deb Crew (CAN) & Knox Rhine (USA)
音乐: Poor Me (Radio Remix) - Joe Diffie



TAP-HITCH-TAP, COASTER-STEP

1 Tap right heel forward
& Hitch right knee up
2 Tap right heel forward
3 Step back on right foot
& Quickly step left foot back beside right foot
4 Step forward on right foot

TAP-HITCH-TAP, COASTER-STEP

5 Tap left heel forward
& Hitch left knee up
6 Tap left heel forward
7 Coaster step: step back on left foot
& Quickly step right foot back beside left foot
8 Step forward on left foot

HIP SWINGS

9 Step right foot forward & swing hips forward
& Swing hips back and shift weight back on to left foot
10 Swing hips forward and shift weight forward on to right foot
11 Step left foot forward & swing hips forward
& Swing hips back and shift weight back on to right foot
12 Swing hips forward and shift weight forward on to left foot

ROCK-STEP, COASTER-STEP

13 Rock forward on right foot
14 Rock back in place on left foot
15 Coaster step: step back on right foot
& Quickly step left foot back beside right foot
16 Step forward on right foot

TAP-HITCH-TAP, COASTER-STEP

17 Tap left heel forward
& Hitch left knee up
18 Tap left heel forward
19 Coaster step: step back on left foot
& Quickly step right foot back beside left foot
20 Step forward on left foot

TAP-HITCH-TAP, COASTER-STEP

21 Tap right heel forward
& Hitch right knee up
22 Tap right heel forward
23 Coaster step: step back on right foot
& Quickly step left foot back beside right foot
24 Step forward on right foot

HIP SWINGS,

- 25 Step left foot forward & swing hips forward
& Swing hips back and shift weight back on to right foot
26 Swing hips forward and shift weight forward on to left foot
27 Step right foot forward & swing hips forward
& Swing hips back and shift weight back on to left foot
28 Swing hips forward and shift weight forward on to right foot

ROCK-STEP, COASTER-STEP

- 29 Rock forward on left foot
30 Rock back in place on right foot
31 Coaster step: step back on left foot
& Quickly step right foot back beside left foot
32 Step forward on left foot

SIDE, CROSS, SIDE-CROSS-SIDE

- 33 Step to right side on right foot
34 Cross step left foot over right foot
35 Step to right side on right foot
& Cross step left foot over right foot
36 Step to right side on right foot

SIDE, CROSS, SIDE-CROSS-SIDE

- 37 Step to left side on left foot
38 Cross step right foot over left foot
39 Step to left side on left foot
& Cross step right foot over left foot
40 Step to left side on left foot

SIDE, CROSS, SIDE-CROSS-SIDE

- 41 Step to right side on right foot
42 Cross step left foot over right foot
43 Step to right side on right foot
& Cross step left foot over right foot
44 Step to right side on right foot

SIDE, CROSS, SIDE-CROSS-SIDE

- 45 Step to left side on left foot
46 Cross step right foot over left foot
47 Step to left side on left foot
& Cross step right foot over left foot
48 Step to left side on left foot

CROSS-ROCK, ½ TURN LEFT,

- 49 Step across behind left leg with right foot
50 Rock forward onto left foot
51 Pivot ¼ turn left on ball of left foot, stepping right foot next to left foot
& Pivot ¼ turn left on ball of right foot. Stepping left foot next to right foot
52 Place right foot next to left foot

CROSS-ROCK, ½ TURN RIGHT

- 53 Step across behind right leg with left foot
54 Rock forward onto right foot
55 Pivot ¼ turn right on ball of right foot, stepping left foot next to right foot

& Pivot $\frac{1}{4}$ turn right on ball of left foot, stepping right foot next to left foot
56 Place left foot next to right foot

WALK, WALK, SPLIT, RESET

57 Step forward with right foot
58 Step forward with left foot
& Step back onto ball of right foot
59 Touch left heel forward
& Step to center with left foot
60 Touch right toe next to left foot

WALK BACK, BACK, $\frac{1}{2}$ TURN, WALK FORWARD

61 Step back with right foot
62 Step back with left foot
& Pivot $\frac{1}{2}$ turn right on ball of left foot
63 Step forward with right foot
64 Step forward with left foot

REPEAT
