

Beatle Bop (P)

COPPERKNOB
BY STEPHEN

拍数: 64 墙数: 0 级数: Partner
编舞者: Nigel Payne (UK) & Barbara Payne (UK)
音乐: Love Me Do - Dave Sheriff



Position: Side by Side facing LOD. Man's right in lady's right. Man's left in lady's left. Hands held in front of lady, right over left in crossed position. Opposite footwork. I.e. Man leads right, lady left

MAN

TOE-STRUTS TWICE, JAZZ-BOX

1-2 Step forward on right toe, drop right heel
3-4 Repeat 1-2 leading left
5-8 Cross right over left, step back on left, step right to right side, step left slightly forward

TOE-STRUTS TWICE, JAZZ-BOX WITH 14 TURN

9-12 Repeat steps 1-4
13-16 Cross right over left, step back on left, step right ¼ turn right, step left beside right
You are now facing each other, hands are still crossed right over left

HEELS-TOES-HEELS, HOLD TWICE

17-19 Swivel heels, toes, heels to the right
20 Hold
21-23 Swivel heels, toes, heels to the left
24 Hold (weight on left)

MONTEREY TURN, WALK BACK, KICK

25-28 Point right toe to right side, on ball of left pivot ¼ turn right stepping right beside left, point left to left side, step left beside right taking weight
Now facing RLOD, hands still crossed right over left
29-32 Walk back right, left, right, kick left forward

WALK BACK WITH ½ TURN, KICK, COASTER STEP, HOLD

33-34 Walk back left, right
35-36 Step back on the left foot making a ½ left, kick right foot forward
Now facing LOD, hands still crossed right over left
37-40 Step back on right, step left beside right, step forward on right, hold

¼ TURN WITH SHIMMY, ½ TURN WITH SHIMMY

41-44 Step left foot ¼ turn right & shimmy shoulders, touch right beside left
Now facing each other, now release hands to allow for ½ turn
45-48 On ball of left pivot ½ turn back over right shoulder stepping right to right side, shimmy shoulders, touch left foot beside right
You are now back to back, lady facing OLOD, man facing ILOD

½ TURN WITH SHIMMY, STEP-TOGETHER, ¼ TURN, KICK

49-52 On ball of right pivot ½ turn right stepping left to left side, shimmy shoulders bringing right foot to left & touching beside right
You are now facing each other, pick up hands in crossed position, right to right, left to left, right over left
53-56 Step right to right side, step left beside right, step right to right side turning ¼ turn left, kick left foot forward
Now facing LOD, hands still in crossed position

ROCK-RECOVER, STEP, HOLD, HIP BUMPS

57-60 Rock back on left, recover on right, step forward on left, hold
61-64 Step right slightly to right side bumping hips right, left, right, left

REPEAT

LADY

TOE-STRUTS TWICE, JAZZ-BOX

1-2 Step forward on left toe, drop left heel
3-4 Repeat 1-2 leading right
5-8 Cross left over right, step back on right, step left to left side, step right slightly forward

TOE-STRUTS TWICE, JAZZ-BOX WITH 14 TURN

9-12 Repeat steps 1-4
13-16 Cross left over right, step left to left side, step left ¼ turn left, step right beside left

You are now facing each other, hands are still crossed right over left

HEELS-TOES-HEELS, HOLD TWICE

17-19 Swivel heels, toes, heels to the right
20 Hold
21-23 Swivel heels, toes, heels to the left
24 Hold, (weight on right)

MONTEREY TURN, WALK BACK, KICK

25-28 Point left to left side, on ball of right pivot ¼ turn left stepping left beside right, point right to right side, step right beside left taking weight

Now facing RLOD, hands still crossed right over left

29-32 Walk back left, right, left, kick right forward

WALK BACK WITH ½ TURN, KICK, COASTER STEP, HOLD

33-34 Walk back right, left
35-36 Step back on the right foot making a ½ turn right, kick left foot forward

Now facing LOD, hands still crossed right over left

37-40 Step back on left, step right beside left, step forward on left, hold

¼ TURN WITH SHIMMY, ½ TURN WITH SHIMMY

41-44 Step right foot ¼ turn left & shimmy shoulders, touch left beside right

Now facing each other, now release hands to allow for ½ turn

45-48 On ball of right pivot ½ turn back over left shoulder stepping left to left side, shimmy shoulders, touch right beside left

You are now back to back, lady facing OLOD, man facing ILOD

½ TURN WITH SHIMMY, STEP-TOGETHER, ¼ TURN, KICK

49-52 On ball of left pivot ½ turn left stepping right to right side, shimmy shoulders bringing left foot to right, & touching left beside right

You are now facing each other, pick up hands in crossed position, right to right, left to left, right over left

53-56 Step left to left side, step right beside left, step left to left side turning ¼ turn right, kick right foot forward

Now facing LOD, hands still in crossed position

ROCK-RECOVER, STEP, HOLD, HIP BUMPS

57-60 Rock back on right, recover on left, step forward on right, hold

61-64 Step left slightly to left side bumping hips left, right, left, right

REPEAT

