

Arlene

COPPER KNOB
STEPSHEETS

拍数: 90 墙数: 4 级数:
编舞者: George Davis (USA)
音乐: Bop - Dan Seals



VINE LEFT AND STOMP

- 1 Step left foot to left side
- 2 Cross right foot cross behind left foot
- 3 Step left to left side
- 4 Step right across in front of left foot
- 5 Step left to left side
- 6 Stomp (up) right beside left (bring right back up, leaving weight on left)
- 7 Stomp (up) right beside left (bring right back up, leaving weight on left)
- 8 Stomp (up) right beside left (bring right back up, leaving weight on left)

STEP PIVOTS

- 9 Step forward on right foot (leave left foot and leg extended behind you with the ball/toe of your left foot still on the floor, but without weight on it)
- 10 Pivot ½ turn to the left on the ball of the right foot, while transferring weight to the left foot as you complete the pivot (leave right foot right leg extended behind you with the ball/toe of your right foot still on the floor, but without weight)
- 11 Step forward on right foot
- 12 Pivot ½ turn to the left on the ball of the right foot, while transferring weight to the left foot as you complete the pivot
- 13 Step forward on right foot
- 14 Pivot ½ turn to the left on the ball of the right foot, while transferring weight to the left foot as you complete the pivot
- 15 Step forward on right foot
- 16 Pivot ½ turn to the left on the ball of the right foot, while transferring weight to the left foot as you complete the pivot

HEEL, HOOK, HEEL, TOGETHER, KICK, KICK

- 17 Touch right heel forward
- 18 Cross right heel/ankle across front of left shin (between center shin and knee height)
- 19 Touch right heel forward
- 20 Step right foot beside left foot
- 21 Kick left foot forward 12" to 18" from floor
- & With the left leg still extended, bend left knee, so that left foot comes back slightly toward body
- 22 Kick left foot forward 12" to 18" from floor

BACK, LEFT, RIGHT, LEFT, STOMP, TOUCH, STOMP

- 23 Step back with left foot
- 24 Step back with right foot
- 25 Step back with left foot
- 26 Stomp right foot forward (right heel will be approximately horizontal with left toe)
- 27 Touch right toe beside the instep of the left foot
- 28 Stomp right foot forward (right heel will be approximately horizontal with left toe)

LOUIE, LOUIE

- 29 Swivel both heels in toward each other (keep your weight on the balls of feet during this move).your legs should look bowlegged, and your toes will be pointed in opposite directions

30 Swivel both heels out away from each other, so that both feet are now facing forward (keep your on the balls of both feet during this move)

KICK, DOWN

31 Kick right foot forward 12" to 18" from floor

32 Step right foot down, but forward right heel will be approximately horizontal with left toe)

LOUIE, LOUIE

33 Swivel both heels in toward each other (keep your weight on the balls of feet during this move). Your legs should look bowlegged, and your toes will be pointed in opposite directions

34 Swivel both heels out away from each other, so that both feet are now facing forward (keep your on the balls of both feet during this move)

WOOLLY BULLY

35 Kick right foot forward 12" to 18" from floor

36 Cross right heel/ankle in front of left shin between center of shin and knee)

37 Pivot ½ turn left on ball of left foot while bringing right foot/heel back beside the left knee (right knee is bent during this entire move)

38 Step back with right foot

39 Scoot forward with right foot (left knee is bent and left foot is somewhat horizontal to floor)

40 Step forward on left foot

41 Bring right foot forward and cross right heel in front of left shin between center shin and knee)

42 Pivot ½ turn on ball of left foot while bringing right foot/heel back beside the left knee (right knee is bent during this entire move)

43 Step back with right foot

44 Scoot forward with right foot (left knee is bent and left foot is somewhat horizontal to floor)

ROCK, ROCK, TURN, STOMP

45 Step forward on left foot while at the same time "rocking" body weight forward over left foot; leave right foot and leg extended behind you with toe/ball of right foot still on floor

46 Shift your body weight back to your right foot so that you now "rock" back onto your right foot; leave left leg extended forward, but the left foot will be slightly off the floor

47 Step forward on left while doing ¼ turn left

48 Stomp right foot down beside left foot

HEEL SPLITS

49 Leaving weight on the balls of your feet, spread heels apart (toes are now pointing toward each other)

50 Leaving weight to the balls of both feet, move heels back together

51 Leaving weight on the balls of both feet, spread heels apart (toes are now pointing toward each other)

52 Leaving weight on the balls of both feet, move heels back together

MONTEREY TURNS

53 Touch right toe to right side

54 Pull right foot toward and behind your left foot as you make a ½ turn to the right, closing right foot beside left foot after turn has been completed

55 Touch left toe to left side

56 Step left foot beside right

57 Touch right toe to right side

58 Pull right toward and behind your left foot as you make a ½ turn to the right, closing right foot beside left foot after turn has been completed

59 Touch left toe to left side

60 Step left foot beside right

HITCHHIKE

61 Touch right toe out and back about 45 degrees (about 4:30)

At the same time, move right thumb and forearm beside right shoulder, as though hitchhiking. During this move your body will face about 45 degrees to the right or about 1:30

62 Step right foot towards the left foot

Your right foot is in line where the right foot would be if it were beside the left foot, only bring the right foot back so that right toes are slightly behind the horizontal line of the left heel. The right thumb and forearm move forward with your right shoulder as your body moves toward facing forward

63 Touch left toe out and back about 45 degrees (about 7:30)

At the same time, move right thumb and forearm to the left so that they are across the waist/stomach area. During this move your body will face about 45 degrees to the left or about 10:30

64 Step left foot back in towards the right foot

Your left foot is in line with where the left foot would be if it were beside right foot, only bring the left foot back so that the toes of the left foot are slightly behind the horizontal line of the right heel. The right thumb and forearm stay across/stomach area as your body moves toward facing forward

65 Touch right toe out and back about 45 degrees (about 4:30)

At the same time, move right thumb and forearm beside right shoulder, as though hitch hiking. During this move your body will face about 45 degrees to the right. Or about 1:30

66 Step right foot back towards the left foot

Your right foot is in line with where the right foot would be if it were beside left foot, only bring the right foot back so that the toes of the right foot are slightly behind the horizontal line of the left heel, the right thumb and forearm move forward with your right shoulder as your body moves toward facing forward

67 Touch left toe out and back about 45 degrees (about 7:30)

At the same time, move right thumb and forearm to the left so that they are across the waist/stomach area. During this move your body will face about 45 degrees to the left or about 10:00

68 Step left foot back in towards the right foot

Your left foot is in line with where the left foot would be if it were beside the right foot, bring the left foot back so that the toes of the left foot are slightly behind the horizontal line of the right heel. The right thumb and forearm stay across the waist/stomach area as your body moves toward facing forward

69 Touch right toe out and back about 45 degrees (about 4:30)

At the same time, move right thumb and forearm beside right shoulder, as though hitch hiking. During this move your body will face about 45 degrees to the right or about 1:30

70 Pull your right foot across behind your left foot as you do a ½ turn to the right

HEEL, HOOK, HEEL, TOUCH BACK

71 Touch left heel forward

72 Cross left heel across front of left shin (between center shin knee height)

73 Touch left heel forward

74 Touch left toe straight back

SHOULDER SHIMMY

75 Step forward with left foot, bending the knees and dropping down slightly (leaving upper body upright). The shoulders and upper body will shimmy (move right to left or left to right) as many times as you prefer, during this move

76 Bring your body back up as you continue to shimmy. Your right leg is still extended back

77 Step right foot beside left

78 Clap hands at chest level

79 Step back with right foot, bending the knees and dropping down slightly (leaving the upper body upright). The shoulders and upper body will shimmy (move right to left, or left to right) as many times as you prefer, during this move

80 Bring your body back up as you continue to shimmy your left leg is still extended forward

81 Step left foot back beside right

82 Clap hands at chest level

83 Step forward with left foot, bending the knees and dropping down slightly (leaving the upper body upright). The shoulders and upper body will shimmy (move right to left or left to right) as many times as you prefer, during this move

- 84 Bring your body back up as you continue to shimmy your right leg is still extended back
- 85 Step right foot beside left
- 86 Clap hands at chest level
- 87 Step back with right foot, bending the knees and dropping down slightly (leaving the upper body upright). The shoulders and upper body will shimmy (move right to left or left to right) as many times as you prefer, during this move
- 88 Bring your body back up as you continue to shimmy your left leg is still extended forward
- 89 Step left foot back beside right
- 90 Clap hands at chest level

REPEAT
