

# AM/FM (All My Favorite Moves)

**COPPER** KNOB  
STEPSHEETS

拍数: 48                      墙数: 4                      级数: Intermediate  
编舞者: Holly Susan (Boots) Groeschel (USA)  
音乐: Sweet Little Shoe - Dan Seals



## BASIC CHA PATTERN

- 1                      Step right foot to right side
- 2                      Rock forward onto left foot
- 3                      Rock back onto right foot
- 4                      Step left foot to left side
- &                      Step right foot next to left foot
- 5                      Step left foot to left side
- 6                      Rock back onto right foot
- 7                      Rock forward onto left foot
- 8                      Touch right toe next to left instep (no weight on right)

## BASIC HUSTLE PATTERN (WHEEL), ½ TURN AND DOUBLE BODY ROLL

- &                      Step back slightly onto right toe/ball (as a push off)
- 9                      Step forward with left foot
- 10                     Step forward with right toe/ball
- 11                     Pivot ½ turn right on ball of left
- 12                     Touch right toe next to left instep
- 13-14                Body roll forward onto right foot
- 15-16                Body roll backward onto left foot

## BASIC CHA PATTERN:

- 17                    Step right foot to right side
- 18                    Rock forward onto left foot
- 19                    Rock back onto right foot
- 20                    Step left foot to left side
- &                    Step right foot next to left foot
- 21                    Step left foot to left side
- 22                    Rock back onto right foot
- 23                    Rock forward onto left foot
- 24                    Touch right toe next to left instep (no weight on right)

## BASIC HUSTLE PATTERN (WHEEL), ½ TURN AND DOUBLE BODY ROLL

- &                      Step back slightly onto right toe/ball (as a push off)
- 25                    Step forward with left foot
- 26                    Step forward with right toe/ball
- 27                    Pivot ½ turn right on ball of left
- 28                    Touch right toe next to left instep
- 29-30                Body roll forward onto right foot
- 31-32                Body roll backward onto left foot

## SPIRAL TURN (OR TURNING VINE)

- 33                    Step right foot to right side
- 34                    Pivot ½ turn right on ball of right foot, stepping to left side with left foot
- 35                    Pivot ½ turn right on ball of left foot, stepping to right side with right foot
- 36                    Step together with left foot next to right foot (no weight on right)

Option: count 33-36 with spiral action:

- 33 Step right foot to right side
- 34 Spin  $\frac{1}{2}$  turn right on ball of left foot (feet will be crossed right over left)
- 35 Continue spin  $\frac{1}{2}$  turn right on ball of left foot (feet will still be crossed right over left)
- 36 Hold (feet will still be crossed right over left)

#### **SIDE POINTS**

- 37 Point/touch right toe to right side
- 38 Place right foot next to left foot
- 39 Point/point left toe to left side
- 40 Place left foot next to right foot

#### **PUSH STEP, SYNCOPATED STOMPS AND TOE TOUCHES WITH $\frac{1}{4}$ TURN LEFT**

- & Step back with right toe/ball
- 41 Step forward with left foot
- 42 Stomp (down) forward with right foot
- 43 Clap
- & Stomp (down) with left foot next to right foot
- 44 Stomp (down) forward with right foot
- 45 Place left toe/ball next to right instep
- 46 Pivot  $\frac{1}{4}$  turn left on ball of left foot and touch right toe next to left instep
- 47 Touch left toe next to right instep
- 48 Touch right toe next to left instep

#### **REPEAT**

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