

Lucky #13

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Michael G. McKenzie
音乐: It's All About Feeling Good - Paula Abdul : (Album: Head Over Heels)



INTRO: You will hear 8 beats then 32-counts of music, start on vocals

Walk forward R,L; R touch; Step R with L knee pop (? Diagonal) ; Slide L backward on diagonal, bending R knee, optional arm movements; 1/2 turn L on diagonal; R touch; R kick forward

1,2 Walk forward R, L
3 Touch R next to L
 Step R next to L, popping L knee toward L diagonal
5 Slide L backward on diagonal while bending R knee. Bring R forearm with clinched fist in front of chest and parallel to floor
EASY: Touch L toe behind R without bending knee. Optional: arm movement.
6 On ball of L make 1/2 turn L (on diagonal), transferring weight to L and straightening bent knee.
7,8 Tap R next to L; Low R kick forward

STEP ON R; 1/2 R TURN ON DIAGONAL WITH LOW L HITCH; L TOE STRUT; TAP R NEXT TO L; LARGE STEP R; DRAG AND STEP L BEHIND R; HOLD

1 Step on R
2 On ball of R make 1/2 turn R (on diagonal) with low L hitch
3,4 L toe strut
&5 Tap R next to L; take large step R squaring up to 9 o'clock wall
6 Drag L behind R, stepping on L
7,8 Cross R over L; HOLD

STEP TO L; CROSS R OVER L; HOLD (CLAP); L TOE STRUT WITH 1/4 TURN; R TOE STRUT; L TOE STRUT WITH 1/2 TURN L

&1,2 Step slightly to L; cross R over L; Clap (HOLD)
3,4 L toe strut, making 1/4 turn L
5,6 R toe strut forward
7,8 L toe strut, making 1/2 turn L
VARIATION: Replace toe struts with hip bumps whenever you feel like it.

R FORWARD ON DIAGONAL; TOUCH L BEHIND R; R BESIDE L; L FORWARD ON DIAGONAL; TOUCH R; R - L HEEL SWITCHES; STEP L; R TOUCH; R KNEEL ROLL WITH 1/4 TURN

1,2 Step forward on R diagonal; Touch L behind R
&3,4 Step R next to L; Step forward on L diagonal; Touch R next to L
5&6 Touch R heel forward; Step R next to L; Touch L heel forward
&7 Step L next to R; Touch R next to L
8 Roll R knee outward, making 1/4 turn R

NOTE: KEEP WEIGHT ON L AND START AGAIN.

END OF DANCE

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