

Mind Jammin

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Derrick Walker (USA)
音乐: Favorite State of Mind - Josh Gracin : (CD: Single)



KNEE KNOCKS [w/ HITCHHIKES]

- 1-4 With feet together knock knees in and out starting with knees knocking in (point left thumb to the left like your hitching a ride)
5-8 Repeat 1-4 (point right thumb to the right)

MONTEREY TURNS

- 9 Touch Right Toe to Right
10 Pivot ½ turn right on ball of left and step together right
11-12 Touch left toe to side, step together left

PIGEON TOES

- 13 Side step left pointing toes outwards
14 Shift weight to left toe and right heel and fan left heel out and right toe in
15 Shift weight to left heel and right toe and fan left toe out and right heel in
16 Shift weight to left toe and right heel and fan left heel out and right toe in
17-20 Repeat traveling right!!!!!!

MONTEREY TURNS

- 21-24 Repeat 9-12!!!!!!!!!!

SCOOT, SCOOT, WALK, WALK, REPEAT

- 25-26 Scoot Left Foot Forward twice while Right Knee is hitched
27-28 Step Forward Right Foot, Step Forward Left Foot
29-32 Repeat 25-28

STEP, SLAP, STEP, SLAP, VINE RIGHT w/ ¼ TURN

- 33-34 Step Right Foot to Right Side, Kick Left Foot behind Right while slapping your boot with your Right Hand
35-36 Step Left Foot to Left Side, Kick Right Foot behind Left while slapping your boot with your Left Hand
37-40 Step Right Foot to Right Side, Step Left Foot behind Right Foot, Step Right Foot Forward making ¼ turn Right, Step Left next to Right

HEEL/TOE, TOE STRUT

- 41-42 With weight on both feet you will have your heels facing outward and your toes facing inward, Bring to Center
43-44 With weight on both feet you will have your heels facing inward and your toes facing outward, Bring to Center
45-46 Touch ball of Right Forward, step down on Right Heel
47-48 Touch ball of Left Forward, step down on Left Heel

WALK, WALK, WALK, KICK, REPEAT

- 49-50-51 Making ¼ turn Right, Walk forward Right, Left, Right
52 Kick Left Foot Forward while making ½ turn Left
53-54-55 Walk forward Left, Right, Left
56 Kick Right Foot Forward while making ¼ turn Right

ROCKS, ¾ TURN STEPS

- 57-58 Rock Right Foot Forward, Recover on Left Foot

59-60 Rock Right Foot Backward, Recover of Left Foot
61 Step Right Foot Forward, making $\frac{1}{4}$ turn Left
62 Step on Left Foot making $\frac{1}{2}$ turn Left
63-64 Step in place Right, Left

REPEAT
