

Supremes (aka Supreme)

COPPER KNOB
STEPPING SHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Kay Greig (UK) & Janice Hoy (UK)
音乐: Vincero - Glenn Rogers : (CD: Vincero)



Or Music: Vincero by Fredrik Kempe [132 bpm ECS / CD: Bohème]; I'm In The Mood For Dancing by The Nolan Sisters [104 bpm]; Chain Reaction by Diana Ross [CD: Ultimate Collection / CD: I Love 2 Party 2004]

SHOOP STEPPING FORWARD

1-2 Step right foot forward towards 2:00, step left next to right
3-4 Step right foot forward towards 2:00, touch left next to right and clap
5-6 Step left foot forward towards 10:00, step right next to left
7-8 Step left foot forward towards 10:00, touch right next to left and clap

STEPPING BACK WITH CLAPS

9-10 Step back on right foot, touch left next to right and clap
11-12 Step back on left foot, touch right next to left and clap
13-14 Step back on right foot, touch left next to right and clap
15-16 Step back on left foot, touch right next to left and clap

RIGHT KICK TWICE AND TRIPLE RIGHT-LEFT-RIGHT, LEFT KICK TWICE AND TRIPLE LEFT-RIGHT-LEFT

17-18 Flick kick the right forward twice (two beats)
19&20 Triple step on the spot (right, left, right)
21-22 Flick kick the left forward twice (two beats)
23&24 Triple step on the spot (left, right, left)

GRAPEVINE RIGHT TOUCH CLAP, GRAPEVINE ¼ LEFT, TOUCH CLAP

25-26 Step right to right side, left behind right
27-28 Step right foot to right side, kick left forward and clap
29-30 Step left foot to left side, right behind left
31-32 Step left foot ¼ turn to left, touch right next to left and clap

Alternative you can roll a full grapevine on 25-27 and a grapevine and quarter on 29-31

REPEAT

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