

And Everybody Shakin

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 1 级数: Intermediate
编舞者: Angela Rushing (USA) - November 2007
音乐: Stayin' Alive - Bee Gees : (CD: Staying Alive)



Dance starts: 24 count intro (start on the words "Well, you")

(fast dance)

PUMPSTEPS, SAILOR STEPS

- 1-2 Step right foot forward slightly apart to left side bending knees forward, and back in a pumping (hold arms in front slightly bent at elbows, pull them as you pump)
- 3-4 Step left foot forward slightly apart to left side bending knees forward, and back in a pumping (hold arms in front slightly bent at elbows, pull them as you pump)
- 5-6 Step right behind left, step left to left side, step right beside left
- 7-8 Step left behind right, step right to right side, step left beside right

STEP, TOUCH (back/forward), STEP SIDE (with shoulder shrug)

- 1-2 Step back right foot, touch left foot next to right
- 3-4 Step left foot forward, touch right foot next to left
- 5-6 Step right foot to side (with shoulder shrug), step left foot next to right
- 7-8 Step left foot to side (with shoulder shrug), step right foot next to left

LEG WIGGLE, SLIDE BACK, SIDE ROCK, RECOVER

- 1-4 With weight still on right foot & left leg out on an angle, tap Left Heel on floor till the count of 4.
- 5-6 Slide right foot back, slide left foot back
- 7-8 Rock right foot to right side, recover onto left

TOE STRUTT DIAGONAL (with rolling hands) 4X

- 1-2 Step right toe forward, step down on right heel (making fists with both hands, roll fists, raise arms upward right)
- 3-4 Step left toe forward, step down on left heel (making fists with both hands, roll fists, raise arms upward left)
- 5-8 Repeat 1-4

Repeat counts 1-32 enjoy dancing and have fun! Show your moves!
