

Linz's Poizon

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Poison - Bell Biv DeVoe



Start after 40 counts on "WARN", after "Girl- I- Must" which counts in as 6-7-8

(1-8) Walk, Walk, Shuffle Step, Rock & Step-Out, Out-In-Step

1, 2 Walk forward R, walk forward on L (lift knees for styling in-between the counts)
3&4 Step forward on R, step L next to R, step forward on R
5&6& Rock forward on L, recover on R, step together on L, step on ball of R foot to right side,
7&8 Step L to left side, step on ball of R foot under body, turn to left diagonal corner stepping L slightly forward flicking R foot to diagonally back

(9-16) Rock, Recover, ¼ R Shuffle, &Step, &Step, &Tap-Tap-Kick

1,2 Cross rock R over L, recover onto L
3&4 Turn ¼ right (3:00) and step forward R, step together on L, step forward R with bent knee
&5 Scuff L forward into a stiff-legged low kick as you straighten your R leg, step L under body with bent knees (this move has an "up-down" motion to it)
&6 Scuff R forward (into a stiff-legged low kick) as you straighten your L leg, step R under body with bent knees (this move has an "up-down" motion to it)
&7& Brush L foot forward and tap the L toe diagonally forward twice (7&)
8 Kick L forward

(17-24) Coaster Step, & Step, ¼ R Out-Out, & Step, &Step, &Twist &Kick

1&2 Step back on L, step together on R, step forward on L
&3&4 Step on ball of R next to L, step forward L, turn ¼ right (6:00) step R to right, step L to left
&5 Scuff R (as above), step R under body
&6 Scuff L (as above), step L under body
&7&8 Touch ball of R foot next to L toe, swivel R heel outwards pressing ball of R foot into the floor, swivel heel back in, kick R foot forward

(25-32) Back X3, Rock & Kick, Step, Step, Pivot ½ L- Turn ½ L, Step-Step

1&2 Step back R, step back L, step back R (small steps)
3&4 Rock back on L, recover on R, turning ¼ right (9:00) kick L out to left side (karate)
5,6 Turn ¼ left (6:00) step forward on L, step forward on R,
7& Pivot ½ left (12:00) stepping on L, continue to turn ANOTHER ½ left (6:00) while on L
8& Step on ball of R foot next to L, step on L

(33-40) Touch-Touch-Step, Heel-Step, Heel Step, Walk, Stamp, Look L & R

1&2 touch R toe to right, touch next to L, step R to right side
&3 Touch L heel diagonally forward (facing left corner), step L under body squaring to wall
&4 Touch R heel diag. forward (R corner), step down on R (R corner) hunch shoulders forward
5,6 Squaring to wall step forward L, stamp (place) forward on R (weight on LEFT)
&7&8 Turn head left (&), look to center (7), turn head right (&), look to center (8)

(41-48) Rock, Recov, ½ L Reverse Sailor, ½ L, ½ L, ¼ L Splay-Close-Step

1,2 Rock forward R, recover on L
3&4 Step back on R behind L, turn ¼ LEFT (3:00) stepping L to left side, turning ¼ LEFT (12:00) step back on R
5,6 Turn ½ left (6:00) step forward on L, turn ½ left (12:00) stepping back on R

7&8 Turning ¼ left (9:00) step L to left side with toes pointed out and knees bent and apart and heels in (7) optional-spread arms out at sides, now travel to left as in an ‘applejack’ - keep weight on L toe and R heel swinging L heel out to left and R toe in to left so heels are now apart and the knees are bent and inward (&) optional-cross arms in front, step L to the left side with toes out (to left corner) and lift up R foot (8) optional-spread arms out at sides

Optional footwork for counts 7&8

7&8 Turning ¼ left (9:00) step L to left side with toes pointed out and knees bent and apart with heels in (7), turn to face right diagonal and step together on R (&), step L to the left side with toes out (to left corner) and lift up R foot (8)

(49-56) ¼ R Step, Together, Bounce X2, 1/4I Step, ½ R Together, &Arms-Arms-Palms

1 Raise R arm up and point to right and look (towards front wall) at the same time step R to right side with toes pointed to front wall (body should still be facing 9:00)

2 Turning ¼ right (12:00) bring L next to right and step together with both knees bent while at the same time extending L arm to cross over R arm

&3&4 With arms still extended straighten legs (up), bent at knees (down), do it again (&4)

5,6 Turning ¼ left (9:00) step forward on L, Turn ½ right (3:00) bring R next to L

&7 Raise both hands to shoulder level palms facing in, cross forearms with R arm in front of L (like you missed clapping your hands)

&8 Turn palms facing toward you and bring hands downward through the space in front of your body as your elbows rise up, continue lowering hands pointing fingers downward and turning palms to face outwards (end with hands about waist height and elbows still up and bent)

(57-64) Shrugx2, Rock & Together W/Elbow, Knee Rolls, Cross Unwind

&1&2 Raise R shoulder up (to ear), drop back down, do it again (&2)

3&4 Rock L out to the left side as you jab out with L elbow (hand at chest level, palm down) recover weight onto R, step together on L lowering arm to side

&5 Touching R toe forward roll R knee clockwise as you step onto R

&6 Touching L toe forward roll L knee counter-clockwise as you step onto L

7,8 Cross step R over L, turn one full turn left (3:00) ending with weight on L

REPEAT and SMILE
