

Vibeology

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Carolyn Robinson (USA) - February 2010
音乐: Vibeology - Paula Abdul : (Greatest Hits CD or single)



16 counts intro, begin dance on count 17 of music

R SIDE PT, TOGETHER; L SIDE PT, TOGETHER; TAP R HEEL FORWARD, TOGETHER; TOUCH L BESIDE R

1&2& Side point R, Step R beside L, Side point L, Step L beside R
3&4 Tap R heel forward, Step R beside L, Touch L beside R

L SCUFF, HITCH, STEP FORWARD; TWIST HEELS INTO ¼ TURN RIGHT

5&6 L Scuff, Hitch L, L Step forward
7&8 (on balls of feet) Twist heels L, R and L turning ¼ turn R – weight on L (3:00 wall)

R SAILOR STEP; L SAILOR STEP; R KICK-BALL-CHANGE (MOVING FORWARD) X2

1&2 Cross R behind L, Side step L, Side step R
3&4 Cross L behind R, Side step R, Side step L
5&6 R kick forward, quick step R in place, L step forward
7&8 R kick forward, quick step R in place, L step forward

R KICK/CROSS/PT; L KICK/CROSS/PT; R KNEE ROLL IN/OUT; R HIP BUMPS

1&2 R kick forward, Cross R over L, Side point L
3&4 L kick forward, Cross L over R, Side point R
5,6 Roll R knee toward L; Roll R knee to R side
7&8 R hips bumps R-L-R (weight on R)

L CROSS BEHIND & FRONT; SIDE ROCK R, RECOVER L; R BEHIND & R STEP FORWARD; PIVOT ½ L, R STEP FORWARD

1&2 L behind R, R side step, L across R
3,4 R side rock, Recover L
5&6 R behind L, L side step, Step forward on R
7&8 Pivot ½ turn L, Step forward on R (9:00 wall)

L STEP/SLIDE; STEP/LOCK/STEP; R STEP/SLIDE, STEP/LOCK/STEP (AT DIAGONALS)

1,2 L step forward toward L diagonal, Slide R beside L heel
3&4 L step forward toward L diagonal, Step R behind L (locking position), L step forward toward L diagonal
5,6 R step forward toward R diagonal, Slide L beside R heel
7&8 R step forward toward R diagonal, Step L behind R (locking position), R step forward toward R diagonal

L ROCK FORWARD, RECOVER R; TRIPLE BACK; R ROCK BACK, RECOVER L

1,2 L rock forward, Recover R
3&4 Triple back, L-R-L
5,6 R rock back, Recover L

*****R SIDE STEP; L BEHIND R; R SIDE STEP; L ACROSS R; R SIDE ROCK*****

7&8&1 R side step, L step behind R, R side step, L step across R, R side rock

RECOVER L; R BEHIND & ACROSS; HIP BUMPS L X 4

2 L recover
3&4 Step R behind L, L side step, Step R across L

5&6&7&8 L Hip bumps L-R-L-R-L-R-L

R SIDE STEP, L BEHIND R; R SIDE STEP; L ACROSS R; R SIDE STEP; HIP BUMPS L X 4

1,2 R side step, Step L behind R

&3,4 Quick R side step, Step L across R, R side step

5&6&7&8 L Hip bumps L-R-L-R-L-R-L

Begin Again!

*****1 (one) Restart: Complete wall #1, Dance wall #2 through count "#48 &" (deleting the 1 count):**

*****R SIDE STEP; L BEHIND R; R SIDE STEP; L ACROSS R*****

7&8& R side step, L step behind R, R side step, L step across R

Restart the dance here and continue through the end of the song!

Enjoy and have FUN!

f1rkilr@gmail.com; www.love2danceusa.com
