

I'ma Wildflower

COPPER KNOB
STEPPERS

拍数: 80 墙数: 2 级数: Phrased Intermediate
编舞者: Knox Rhine (USA) - July 2010
音乐: Wildflower - The JaneDear Girls



SIDE-ROCK, CROSS, BACK, SIDE, CROSS, BACK, SIDE

- 1 Step left foot to left side
- 2 Rock right onto RIGHT foot
- 3 Step LEFT across right leg
- 4 Step RIGHT foot back
- 5 Step LEFT foot to left side
- 6 Step RIGHT foot across left leg
- 7 Step LEFT foot back
- 8 Step RIGHT foot to right side

TURN, TOUCH, BEHIND-SIDE-CROSS, SIDE-ROCK, BEHIND-SIDE-CROSS

- 9 Step LEFT foot 1/4 turn left
- 10 Touch RIGHT toe to right side
- 11 Step RIGHT foot behind left leg
- & Step LEFT foot to left side
- 12 Step RIGHT foot across left leg
- 13 Step LEFT foot to left side
- 14 Rock right onto RIGHT foot
- 15 Step LEFT foot behind right leg
- & Step RIGHT foot to right side
- 16 Step LEFT foot across right leg

ROCKING CHAIR, KNEE POPS

- 17 Step RIGHT foot forward
- 18 Rock back onto LEFT foot
- 19 Step RIGHT foot beside left foot
- & Pop BOTH knees forward lifting heels
- 20 Straighten legs dropping heels
- 21 Step LEFT foot back
- 22 Rock forward onto RIGHT foot
- 23 Step LEFT foot beside right foot
- & Pop BOTH knees forward lifting heels
- 24 Straighten legs dropping heels

HESITATION HEEL SWITCHES, TURNING HEEL SWITCHES

- 25 Touch RIGHT heel forward
- 26 Hold
- & Place RIGHT foot beside left foot
- 27 Touch LEFT heel forward
- 28 Hold
- & Place LEFT foot beside right foot
- 29 Touch RIGHT heel forward
- & Place RIGHT toe/ball beside left foot
- 30 Pivot 1/4 turn left touching LEFT heel forward
- & Place LEFT foot beside right foot
- 31 Touch RIGHT heel forward

- & Place RIGHT toe/ball beside left foot
32 Pivot 1/4 turn left touching LEFT heel forward

WILDFLOWER CHORUS - TURNING 'VINES

Hands held-up at ear level, flutter hands during turn

- 33 Step LEFT foot 1/4 turn left
34 Pivot 1/4 turn left on ball of LEFT foot
35 Pivot 1/2 turn left on ball of RIGHT foot
36 Kick RIGHT foot forward-left
37 Step RIGHT foot 1/4 turn right
38 Pivot 1/4 turn right on ball of LEFT foot
39 Pivot 1/2 turn right on ball of RIGHT foot
40 Kick LEFT foot forward-right

JAZZ BOX SHIMMIES

Lean forward and shimmy shoulders

- 41 Step LEFT foot across right leg
42 Step RIGHT foot back
43 Step LEFT foot to left side
44 Step RIGHT foot across left leg
45 Step LEFT foot across right leg
46 Step RIGHT foot back
47 Step LEFT foot to left side
48 Step RIGHT foot across left leg

TRAVELING SCISSORS

- 49 Step LEFT foot forward -left
50 Step RIGHT foot beside left foot
51 Step LEFT foot across right leg
52 Hold
53 Step RIGHT foot forward-right
54 Step LEFT foot beside right foot
55 Step RIGHT foot across left leg
56 Hold

ROCK-STEP, TURNING SHUFFLE, SHUFFLE, ROCK-STEP

- 57 Step LEFT foot forward
58 Rock back onto RIGHT foot
59 Pivot 1/4 turn left on ball of RIGHT foot
& Step RIGHT foot beside left foot
60 Pivot 1/4 turn left on ball of RIGHT foot
61 Step RIGHT foot forward
& Step LEFT foot beside right foot
62 Step RIGHT foot forward
63 Step LEFT foot forward
64 Rock back onto RIGHT foot

CROSS, UNWIND, KICK-BALL-CHANGE, CROSS, UNWIND, KICK-BALL-CHANGE

- 65 Step LEFT toe/ball across beside right foot
66 Unwind 1/2 turn right weight to LEFT foot
67 Kick RIGHT foot forward
& Step RIGHT toe/ball beside left foot
68 Return weight to LEFT foot
69 Step RIGHT toe/ball across beside left foot

70 Unwind ½ turn left weight to RIGHT foot
71 Kick LEFT foot forward
& Step LEFT toe/ball beside right foot
72 Return weight to RIGHT foot

SIDE-CLOSE-SIDE-CLOSE-SIDE-STOMP-STOMP, SIDE-CLOSE-SIDE-CLOSE-SIDE-STOMP-STOMP

73 Step LEFT foot to left side
& Step RIGHT foot beside left foot
74 Step LEFT foot to left side
& Step RIGHT foot beside left foot
75 Step LEFT foot to left side
& Stomp RIGHT foot beside left foot
76 Stomp RIGHT foot beside left foot
77 Step RIGHT foot to right side
& Step LEFT foot beside right foot
78 Step RIGHT foot to right side
& Step LEFT foot beside right foot
79 Step RIGHT foot to right side
& Stomp LEFT foot beside right foot
80 Stomp LEFT foot beside right foot

Pattern:

Intro 32 counts

Full pattern

Full pattern

Short pattern (counts 1-64)

Chorus pattern (counts 33-64)

Ending (counts 1-48)

Alternate Pattern:

Intro 16 counts

Intro Dance (counts 33-48)

Full pattern

Full pattern

Short pattern (counts 1-64)

Chorus pattern (counts 33-64)

Ending (counts 1-48)
