

Tightrope

COPPER KNOB
STEPPERS

拍数: 128 墙数: 4 级数: Phrased Intermediate
编舞者: Rona Kaye (USA) - August 2010
音乐: Tightrope - Janelle Monáe



Sequence: A B A B A A B A A A (The last 4 "A"'s start at 3:00 wall...
dance will end at end of 4th 8 ct. of A—simply face 12:00 wall and walk forward R, L to end of dance)

Dance begins after 32 counts in from beginning of the track...

PART A:

[1-8] Cross & Cross, Step Side, R Sailor, Step Together:

1-8 (Wt. starts on L) "Move your hips": Cross R over L (1), step side L (2), cross R over L (3), step L side L (4), Sailor: cross R behind L (5), step L side L (6), step big step to R with R (7), step L foot into the R (8) (12:00)

[9-16] Step Side, Together, Side, Touch L toe Side, ¼ Turn L & Kick, Step Down, Rock, Recover:

9-16 Step R side R (1), Step L foot together (2), Step R side R (3), Touch L toe to L side (4) Turn ¼ to L while kicking L foot forward (5), Step down on L (6), "Big" Rock back R (7), Recover wt. to L (8) (9:00)

[17-24] Side Rock. Recover Cross (Travel forward), Step Back L, Coaster R into ¼ Pivot Turn L:

17-24 Traveling slightly forward: Rock R foot side R (1), Recover wt. L (2), Cross R over L (3), Big step back L (4), Step R back into the L (5), Step forward L (6), Step forward R (7), turn ¼ to L end wt. on L (8) (6:00)

[18-32] Cross, Rock, Recover, Cross, Walking Full Turn to L, Cross:

18-32 Cross R over L (1), Step L side (2), Recover to R (3) *Turn L upper body to the R to start prep for full walking turn to L* Cross L over R (4), Step back on R as you turn ¼ to L (5), Step forward on L as you turn ½ to L (6), Step R side R as you turn ¼ to L (7), Cross L over R (8) (6:00)

[33-40] Side Rock, Recover, Touch Cross, ¼ Turn L Step L, Hold, Ball Change Touch:

33-40 Rock R side R (1), Recover wt. L (2), Touch R toe in front of L (3), Step down on R (4), Turn ¼ to L as you take a big step forward on L (5), Hold (6), Bring R foot into L (&) Step L foot forward (7), Touch R toe into the L (8) (3:00)

[41-48] Toe touches R, Ball touch cross, ½ Turn R, Hold, Clap Hands:

41-48 Touch R toe to R side (1), Touch R toe into L (2), Touch R toe to R side (3), Step R into L (&) Touch L toe to L side (4), Cross L over the R (5), "Unwind" ½ turn to R (6), HOLD (7), Clap hands (8) (Wt. is on the L) (9:00)

[49-56] Diagonal Step Forward R, Touch L, Diagonal Step Forward L, Touch R, 4 Stylized steps Back:

49-56 Step forward and up on diagonal R (1), Touch L into R (2), Step forward and up on diagonal L (3), Touch R into L (4) *Use upper body/arms feeling of the old "Jerk" dance move*, "Stylized" walk back (use shoulders—"Shorty Georgish") R, L, R, L (5-8) (9:00)

[57-64] Kick, Step, Rock Back, Recover, Touch Side, Step, Touch Side ¼ Turn R (Monterey Turn):

57-64 Kick R foot forward (1), Step down on R (2), Rock back on L (3), Recover wt. to R (4), Touch L toe to L side (5), Step L into R (6), Touch R toe to R side (7), Turn ¼ to R as you step R into L (12:00)

PART B:

Always done to your starting (12:00) wall

[1-8] "High, Low" Diagonal Touch Steps Up and Back R, L, R, L:

1-8 Touch R toe forward and up on R diagonal (1), Step down on R (2) *Arms reach up to R ("High"), Touch L toe forward and up on L diagonal (3), Step down on L (4) *Arms reach down to L ("Low"), Touch R toe back to diagonal R (5), Step down on R (6) *Arms move toward R hip*, Touch L toe back (7), Step down on L *Arms move toward L hip* (12:00)

Please note that the feet are hip width apart when you come back to "home" on counts 5-8.

[9-16] Two Pivot ½ Turns to L, "Rocking Chair" R:

9-16 Step forward on to R (1), Turn ½ turn to L (2), Step forward on to R (3), Turn ½ turn to L (4), Rock forward on to R (5), Recover wt. to L (6), Rock back on to R (7), Recover wt. to L (8) (12:00)

[17-24] Kick R Forward, Step R Foot In, Step L, Step R side, Step L side, R Foot "Heel, Toe, Heel" Swivel:

17-24 Kick R foot forward (1), Step R in to L (2), Step L in place (3), Step R foot side (4), Step L foot side (5) Turn R heel toward the L (6), Turn R toe in toward the L (7), Turn R heel in toward the L and lift R foot (8) (12:00)

[25-32] Hip Bumps Up & Down and Up and Down:

25-32 With weight on the L, Lift the R leg as you bump your R hip up (1), Bring hip to center (2), Bump R hip down (3), Bring hip to center (4), Bump R hip up (5), Bring hip to center (6), Bump R hip down (7), Bring R hip center (8) (12:00)

***You can touch your R toe to the floor on the bumps down—counts 3 & 7* Please use your shoulders with your bumps!**

[33-40] Repeat the first 8 count of Part B (The "High, Low" Section)

[41-48] Repeat the second 8 count of Part B (Pivot ½ turns/Rocking Chair Section)

[49-56] Repeat the third 8 count of Part B (Kick, Step, Heel, Toe Section)

[57-64] Slow Pivot ¼ Turn L, Cross, Step Back, Rock Side, Recover:

57-64 Step forward R (1), HOLD (2), Turn ¼ to L (3), HOLD (4), Cross R over L (5), Step L foot back (6), Step (Rock) R foot side R (7), Recover wt. to L (8) (9:00)

End of dance! Begin again to new wall...enjoy!

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