

Long Heels, Red Bottoms

COPPERKNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Phrased Intermediate
编舞者: Jamie Gant - August 2012
音乐: Long Heels Red Bottoms - Trina



16 count intro - Sequence: AA B AA B AA B AA; start weight on L

Part A, 32 counts

“Long heels, red bottoms”

[1-16] TAP, STEP, TOE, TURN 4X

- 1-2 Tap R toe slightly R to side, step on R
3-4 Touch L toes home, rise onto balls of both feet, turning $\frac{1}{4}$ L [9], dropping wt onto L
(You will move slightly up and down on counts 3-4. These movements can be strong to fit the beat of the music.)
5-8 Repeat previous 4 counts, ending at [6]
9-16 Repeat first 8 counts, ending at [12]

“Stay up, stay up”

[17-24] WALK, HOLD, 4X

- 1-8 Step fwd R, hold, step fwd L, hold, step fwd R, hold, step fwd L, hold

[25-32] BACK 4X, TURN-BACK 4X

- 1-4 Walk back R, L, R, L
5-8 Turn $\frac{1}{4}$ L [9] and walk back R, L, R, step L home

You will end your first Part A at [9], and your second at [6], where you will start your first Part B

Part B, 64 counts during the rap sections (first time starts at [6])

[1-8] HEEL SWITCHES, R HEEL JACK, HEEL SWITCHES, L HEEL JACK

- 1&2& Touch R heel fwd, step R home, touch L heel fwd, step L home
3&4& Cross step R over L, step L to side, touch R heel fwd, step R home
5&6& Touch L heel fwd, step L home, touch R heel fwd, step R home
7&8& Cross step L over R, step R to side, touch L heel fwd, step L home

[9-16] R HEEL JACK, L HEEL JACK, HEEL SWITCHES 4X

- 1&2& Cross step R over L, step L to side, touch R heel fwd, step R home
3&4& Cross step L over R, step R to side, touch L heel fwd, step L home
5&6&7&8& Touch R heel fwd, step R home, touch L heel fwd, step L home, repeat (wt ends L, but prep for turn)

[17-24] CROSS, TURN, COASTER STEP, ROCK FWD, BACK, FWD, BACK

- 1-2, 3&4 Turn $\frac{1}{4}$ L [3] stepping R across L, stepping back L; step R back, step L next to R, step R fwd
5-8 Step fwd L pushing L hip fwd, push R hip back, repeat (wt ends R)

[25-32] BACK ROCK, REC, SYNC PADDLE $\frac{3}{4}$ R, SWIVEL L

- 1-2 Rock back L, rec R
&3&4 Step RLRL (keep steps tight) turning $\frac{3}{4}$ R [12], ending with feet together, wt even
5-6-7-8 Swivel L 4 counts, ending wt L (these can be heels/toes or in-out, dancer's choice)

[33-40] REPEAT SECTION 3 (CROSS, TURN, COASTER, AND HIP PUSHES) You will be at [9]

[41-48] REPEAT SECTION 4 (BACK ROCK, REC, PADDLES, AND SWIVELS) You will be at [6]

[49-56] REPEAT SECTION 1 (HEEL SWITCHES, HEEL JACKS) Still at [6]

[57-64] REPEAT SECTION 2 (HEEL JACKS, HEEL SWITCHES) You will end Part B at [6], ready to start Part A

Step sheet written by Lisa McCammon 08/12. Note that I tried to contact the choreographer several times to get his approval but I was not successful. This is my best interpretation of the dance as seen on his video.
