

Applause

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Phrased Sequential Intermediate
编舞者: Vincent Ng - September 2013
音乐: Applause - Lady Gaga



Intro: 32 Counts - Sequence: A, A, A, B, B, A, A, A, B, B, A, A, B, B, Ending

PART A (32 COUNTS)

SEC 1: WALK FORWARD & CLAP X2, JAZZ BOX CROSS

1-4 Walk forward on R foot, clap hands twice, walk forward on L foot, clap hands twice (12.00)
5-8 Cross R foot over L foot, step L foot back, step R foot to R side, cross L foot over R foot
(12.00)

SEC 2: TOUCH & HIP BUMP, SAILOR CROSS, TOUCH & HIP BUMP, SAILOR CROSS

1&2 Touch R toes to R side as bumping hips to the R, bump hips to the L side, bump hips to R
side as slightly sweeping R foot from front to back (12.00)
3&4 Cross R foot behind L foot, step L foot to L side, cross R foot over L foot (12.00)
5&6 Touch L toes to L side as bumping hips to the L, bump hips to the R side, bump hips to L side
as slightly sweeping L foot from front to back (12.00)
7&8 Cross L foot behind R foot, step R foot to R side, cross L foot over R foot (12.00)

SEC 3: TOE STRUT X2, STEP, HEEL-TOE-HEEL

1-4 Touch R toes forward, drop R heel in place, touch L toes forward, drop L heel in place
(12.00)
5-8 Step R foot to R side, swivel L heel inward to R foot, swivel L toes inward to R foot, swivel L
heel inward to R foot (12.00)

SEC 4: SYNCOPATED JUMP & CLAP, JAZZ BOX STEP

&1-2 Jump R and L feet forward (slightly to the sides), clap both hands (12.00)
&3-4 Jump R and L feet back, clap both hands (12.00)
5-8 Cross R foot over L foot, step L foot back, step R foot to R side, step L foot beside R foot
(12.00)

PART B (32 COUNTS)

SEC 1: KICK STEP BACK ROCK, WALK FORWARD X2, KNEE POP, BUTTERFLY STEP

1&2& Kick R foot forward, step R foot in place, rock L foot back, recover weight on R foot (12.00)
3-4 Walk forward on L foot, walk forward on R foot slightly to R side (12.00)
5-6 (Neutral weight) – swing/pop R knee inwards, swing/pop R knee out (12.00)
7-8 Swing/pop both knees in, swing/pop both knees out (12.00)

SEC 2: COASTER STEP, SCUFF HITCH TOUCH, BOOTY ROLL X2

1&2 Step L foot back, step R foot beside L foot, step L foot forward (12.00)
3&4 Scuff R foot forward, low hitch on R foot, touch R toes forward (12.00)
5-8 Roll booty/hips in a circular motion as if you are riding on a wheel x2 (12.00)

SEC 3: HIP-HOP CROSS ROCK STEPS, MONTEREY ¼ TURN R, MONTEREY ¼ TURN L

1&2 Cross rock R foot over L foot, recover weight on L foot, step R foot to R side (12.00)
3&4 Cross rock L foot over R foot, recover weight on R foot, step L foot to L side (12.00)
5-8 Point R toes to R side, turn ¼ R stepping R foot in place, point L toes to L side, turn ¼ L
stepping L foot in place (12.00)

SEC 4: STEP, KICK BALL CROSS, KICK, STEP, KICK BALL CROSS, POINT

1-2&3-4 Step R foot in place, kick L foot to L diagonal, step L foot beside R foot, cross R foot over L
foot, kick L foot to L diagonal (12.00)

5-6&7-8 Step L foot in place, kick R foot to R diagonal, step R foot beside L foot, cross L foot over R foot, point R toes to R side (12.00)

ENDING (6 COUNTS)

HANDS MOVEMENT

1-2 Stretch R arm forward, stretch L arm forward

3-4 Place R hand on L shoulder, cross L hand over R hand and place on R shoulder

5-6 Throw R arm in the air, throw L arm in the air

For music or any other inquiry, kindly contact: vincent_ngdance@yahoo.com
