

The Station Bop

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Mattie Center (USA) - September 2013
音乐: Bop - Ms. Jody : (CD: Ms. Jody's In The Streets Again)



Alt. music:-

I'm Waiting At The Station by Coastline. CD: Sneakin' Out Back

I'm Waiting At The Station by Aaron Neville, CD: Hercules

(No tags or Restarts)

SLIGHT DIAGONAL KICKBALL CROSS, HEEL GRIND $\frac{1}{4}$ TURN R, SHUFFLE BACK FULL TURN

1&2 Kick R foot forward slight diagonal right, Step slight back on R, Cross step L over R.
3-4 Step R on R heel & turn R $\frac{1}{4}$ to R grinding R heel, step back on L.
5&6 Shuffle back RLR turning $\frac{1}{2}$ turn right
7&8 Shuffle back LRL turning $\frac{1}{2}$ turn right Optional: Shuffle back without the $\frac{1}{2}$ turns

ROCK BACK RECOVER, SHUFFLE FORWARD, SKATE FORWARD, SHUFFLE FORWARD

1-2 Rock back on Rt, Rock forward on Lt.
3&4 Shuffle forward RLR
5-6 Skate forward left right
7&8 Shuffle forward LRL

VINE RIGHT SCUFF, VINE LEFT SCUFF

1-4 Step right side right, cross step left behind right step right side right, Scuff left
5-8 Step left side left, cross step right behind left, step left side left Scuff right,

Optional full turn full turn right and left on these steps

ROCK RECOVER STEPS FORWARD AND BACK, SHUFFLE $\frac{1}{2}$ TURN LEFT, DIAGONAL COASTER

1-2 Rock forward on R, Rock back on L.
3-4 Rock back on R, Rock forward on L.
5&6 Shuffle in place RLR $\frac{1}{2}$ turn to left
7&8 Step Left back slight diagonal right , step right next to left , still at slight rt diagonal step left forward

Repeat

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