

Applause

COPPERKNOB
STEPSHEETS

拍数: 128 墙数: 2 级数: Phrased Intermediate
编舞者: Lily Chin (MY) - November 2013
音乐: Applause - Lady Gaga



Intro: 32 counts - Sequence: A B A A B A C B A

Part A - 64 counts

(1 - 8) A 1 - Side Rock Hitch, Rock Recover, Coaster Step

1 - 2 Rock R to R side, recover on L side.
3 - 4 Rock R to R side, hitch L
5 - 6 Rock Fwd onto L, recover back on R
7 & 8 Step back L, step R next to L side, step fwd onto L

(9 - 16) A 2 - Step 1/4 Turn L, Shuffle Fwd, Rock Recover Coaster Step

1 - 2 Step fwd onto R make a 1/4 pivot L.
3 & 4 Step R fwd, step L next to R, step fwd onto R.
5 - 6 Rock fwd onto L, recover back on R.
7 & 8 Step back L, step R next to L, step fwd on L.

(17 - 24) A 3 - Walk Back, Point L, Step Points

1 - 2 Walk back R, walk back on L.
3 - 4 Walk back R, point L to L side.
5 - 6 Step down onto L, point R to R side.
7 - 8 Step Down onto R, point L to L side.

(25 - 32) A 4 - Hip Bumps, Hitch Step Fwd, 1/4 L Turn, Step Fwd Touch.

1 -2 Bump hips to L, bump hips to R.
3 - 4 Bump hips to L, hitch R.
5 -6 Step fwd onto R, make a 1/4 turn pivot L.
7 - 8 Step fwd R, touch L beside R.

(33 - 40) A 5 - Side Rock Hitch, Rock Recover, Coaster Step.

1 -2 Rock L to L side, recover to R side.
3 - 4 Rock L to L side, hitch R.
5 -6 Rock fwd onto R, recover back on L.
7 & 8 Step back R, step L next to R side, step fwd on R.

(41 - 48) A 6 - Step 1/2 R Turn, L Shuffle, Side Rock, Sailor R.

1 -2 Step fwd onto L, make a 1/2 pivot R.
3 - 4 Step L fwd, step R next to L, step fwd onto L.
5 -6 Rock R to R side, recover to L side.
7 & 8 Step R behind L, step L next to L, Step R to R side.

(49 - 56) A 7 - LF Cross Side, L Sailor, Step Back RF, Point LF, Step Front LF, Point RF To R

1 -2 Cross L over R, step R to R side.
3 & 4 Step L behind R, step R to R side, step L to L side.
5 - 6 Step back RF behind LF, Point LF to L side.
7 - 8 Step LF over RF, point RF to R side.

(57 - 64) A 8 - 1/4 L, 1/4 L Knee Pops

1 - 2 Step fwd onto R, make a 1/4 pivot L.
3 - 4 Step fwd onto R, make a 1/4 pivot L.

- 5 - 6 Step fwd R onto R, pop L, step fwd L onto L, pop R.
7 - 8 Step fwd R onto R, pop L, Step fwd L onto L, pop R.

(The Knee pops are travelling fwd)

PART B - 32 counts

(1 - 8) B 1 - Step RF To R Diagonal R, Step LF Beside RF, Clap Hands.

- 1 - 2 Step RF to R diagonal (7.30), step LF beside RF.
3 - 4 Clap both hands twice from waist level.
5 - 6 Clap both hands twice from shoulder level.
7 & 8 Clapping both hands 3 times.

(9 - 16) B 2 - Repeat (1 - 8) to Left Diagonal

- 1 - 2 Step LF to L diagonal (5.30), step RF beside LF.
3 - 4 Clap both hands twice from shoulder level.
5 - 6 Clap both hands twice from waist level.
7 & 8 Clapping both hands 3 times.

(17 - 24) B 3 - Step Together Touch With Claps

- 1 - 2 Step RF fwd, Touch LF beside RF, clap.
3 - 4 Step LF fwd, Touch RF beside LF, clap.
5 - 6 Step RF back, Touch LF beside RF, clap.
7 - 8 Step LF back, Touch RF beside LF, clap.

(25 - 32) B 4 - Point RF to R Side, Hold, Point LF To L Side, Hold, Toe Switches, RF Beside LF. Touch RF Beside LF

- 1 - 2 & Point RF to R side, hold (2), step RF beside LF (&)
3 - 4 & Point LF to L side, hold (4), step LF beside R (&)
5 & 6 & Point RF to R side, step RF beside LF, point to LF to L side, step LF beside R.
7 & 8 Point RF to R side, touch RF beside L.

PART C - 32 counts

(1 - 8) C 1 - Step RF Beside LF Diagonal, Pop Both Knees Out, In, Bend, Reverse Body Roll.

- 1 - 2 Step RF beside LF facing (1.30) diagonal R, Step LF beside RF
3 - 4 Bend both knees, pop both knees out, in.
5,6,7,8 Reverse body roll slowly coming up.

(9 - 16) C 2 - Rolling Vine To L, Point RF Drag RF Towards LF.

- 1 - 2 Turn 1/4 to L, Step LF fwd, Turn 1/2 to Left, Step back RF.
3 - 4 Turn 1/2 to L, Step L to L side, Point RF to R side.
5-6-7-8 Drag RF slowly towards LF.

(17 - 24) C 3 - Rolling Vine To R, Point LF, Drag LF Towards RF.

- 1 - 2 Turn 1/4 to R, Step R fwd, Turn 1/2 turn to R, Step back LF.
3 - 4 Turn 1/2 to R, Step R to R side, Point

(25 - 30) C 4 - Step LF Beside RF Diagonal, Pop Both Knees Out, In, Bend Reverse Body Roll.

- 1 - 2 Step LF beside RF facing (11.30) diagonal L, Step RF beside LF.
3 - 4 Bend both knees, Pop both knees out, in.
5,6,7,8 Reverse body roll, slowly coming up.

Ending facing wall 2, do a 4 counts tag.

- 1 - 2 Pivot 1/2 L , R fwd, pivot 1/2 L step L fwd.
3 - 4 Step R fwd, point L to L side, pose and clap.

Enjoy!!!

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