

Grease : The One

COPPERKNOB
STEPSHEETS

拍数: 96 墙数: 1 级数: Phrased Beginner
编舞者: Anthony Kusanagi (INA) - December 2013
音乐: You're the One That I Want - John Travolta & Olivia Newton-John : (Album:
Grease 1978)



PATTERN : A-B-Tag 1-C-Tag 2-A-B-Tag 1-C-C-C-Ending

Intro: 16 counts since the music begun

SESSION A (32 counts) :

I. PRIZZY WALK

1-8 Walk forward with slightly crossing on R, L, R, L, R, L, R, L

II. JAZZ BOX 2x

1-2 Step R cross over L, step L backward

3-4 Step R step to R side, step L forward

5-6 Step R cross over L, step L backward

7-8 Step R to R side, step L forward

III. SKATE AND SHUFFLE (2x)

1-2 R skate to R (hand action: R pointing up while L pointing down), L skate to L (hand action: L pointing up while R pointing down)

3&4 Step R to R side (body angle), step L next to R, step R to R side (body angle)

(Hand action: R pointing up twice while L pointing down twice)

5-6 L skate to L (hand action: L pointing up while R pointing down), R skate to R (hand action: R pointing up while L pointing down)

7&8 Step L to L side (body angle), step R next to L, step L to L side (body angle)

(Hand action: L pointing up twice while R pointing down twice)

IV. WALK AROUND

1-8 Walk around make a circle to R (clock-wise) on R, L, R, L, R, L, R, L

SESSION B (32 counts) :

I. SHIMMIES

1-2 Step R next to L while doing the shaking shoulder to front

3-4 Shake shoulder to back

5-6 Shake shoulder to front

7-8 Shake shoulder to back

II. SKATE - JAZZ BOX

1-2 R skate to R, L skate to L

3-4 R skate to R, L skate to L

5-6 Step R cross over L, step L backward

7-8 Step R to R side, step L forward

III . REPEAT SESSION B.I

IV. REPEAT SESSION B.II

SESSION C (32 counts) :

I. ROLL HAND - POSE - RIGHT HAND MOVE

1 Roll both hands in front of chest

2 Pointing R hand (index finger) up while L knee is pop out

- 3-4 Hold
5-8 Move R pointing finger from right to left while your hip is bouncing
(Action: do the count 5-8 while singing "Uh Uh Uh Uh")

II. ROLL HAND - POSE - LEFT HAND MOVE

- 1 Roll both hands in front of chest
2 Pointing L hand (index finger) up while R knee is pop out
3-4 Hold
5-8 Move L pointing finger from left to right while your hip is bouncing
(Action: do the count 5-8 while singing "Uh Uh Uh Uh")

III. REPEAT SESSION C.I

IV. MODIFIED HAND JIVE

- 1& Slap thighs with both hands, clap
2& Cross right hand over left, cross left hand over right
3& Touch right fist on top of left fist, touch left fist on top of right fist
4& Hitch hike right thumb over right shoulder, hitch hike left thumb over left shoulder
5& Slap thighs with both hands, clap
6& Cross right hand over left, cross left hand over right
7& Touch right fist on top of left fist, touch left fist on top of right fist
8& Hitch hike right thumb over right shoulder, hitch hike left thumb over left shoulder

TAG 1 : OUT-OUT STEP

- 1-4 Step in place with out-out hip action on R L R L

TAG 2 : WALK AROUND

- 1-8 Walk around make a circle to R (clock-wise) on R, L, R, L, R, L, R, L

ENDING : Jump with both hands up and feet apart while shouting "Yeaah"

Special thanks to Miss Deshimona for contributing the lovely name for this dance.

For more information please contact: anthonymld.ina@gmail.com or mdeshimona@yahoo.com
