

#Calicountry

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Pat Esper (USA) - February 2014
音乐: California Country - Moonshine Bandits



Dance map: 16 intro- 32-32-16 Rst- 32-32-16 Rst-32 to end

Heel rocks, Sailor step, Heel rocks, Sailor turn

- 1&2 . Rock the left heel forward, Recover onto the right, Rock the left heel at an angle forward.
3&4 . Step the left foot behind the right, Step the right foot to the side, Step the left foot in place.
5&6 . Rock the right heel forward, Recover onto the left, Rock the right heel at an angle forward.
7&8 . Step the right foot behind the left, Step the left foot to the side, Turn a quarter turn left stepping forward on the right foot.

Step, Lock, Step-lock-step, Rock, Shuffle half turn

- 9-10 . Step forward on the left foot. Slide the right foot behind the left (lock).
11&12 . Step forward on the left foot, Slide the right foot behind the left (lock), Step forward on the left foot.
13-14 . Rock forward on the right foot. Recover onto the left foot.
15&16 . Turn a quarter turn to the right stepping the right foot to the side, Step the left foot next to the right, Turn a quarter turn to the right stepping forward on the right foot.

Pacman x4 (walking apple jacks), Syncopated rocking chair, Scuff, Hitch

- 17& . Step the left heel forward with the toes pointed left and the right heel turned in (The right foot should have some weight on the ball of the foot). Turn the left toes and right heel to center.
18& . Step the right heel forward with the toes pointed to the right and the left heel turned in. (The left foot should have some weight on the ball of the foot.)
19& . Step the left heel forward with the toes pointed left and the right heel turned in (The right foot should have some weight on the ball of the foot). Turn the left toes and right heel to center.
20& . Step the right heel forward with the toes pointed to the right and the left heel turned in. (The left foot should have some weight on the ball of the foot.)
21&22&23&24 . Rock forward on the left heel, Recover on the right foot, Rock back on the left foot, Recover on the right foot, Step slightly forward on the left foot, Scuff the right heel, Hitch (chug) the right knee up.

(note: For Counts 17 through 20&, the options is to do walking heel splits like in my dance The Hillbilly. Step forward on the ball splitting the heels apart, together with the heels on the & counts.)

Syncopated rocking chair, Step together, Swivel, Center, Walking hip bumps x2

- 25&26& . Rock forward on the right heel, Recover on left foot, Rock back on the right foot, Recover on the left foot.
27&28 . Step the right foot next to the left, Turn both heels right, Bring both heels center.
29&30 . Step forward on the left foot bumping the hips forward to the left, Bump the hips back to the right, Bump the hips forward to the left.
31&32 . Step forward on the right foot bumping the hips forward to the right, Bump the hips back to the left, Bump the hips forward to the right.

Start again

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