

# Valerie's Twist & Shout

**COPPER** **KNOB**  
BY STEPHEN

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Chris Hookie (USA) - February 2016  
音樂: Valerie - Amy Winehouse



## Alt. songs:-

Twist & Shout - Mary Chapin Carpenter (196 BPM)

Thomas Rhett - Crash & Burn (132 BPM) □

Rodney Crowell - Lovin' All night (180 BPM)

## POINT, POINT, SIDEWARD SHUFFLE

1&                      Tap right toe to the side, lift

2&                      Tap right toe to the side, lift

3& 4&                      Sidewards Shuffle right

## POINT, POINT, SIDEWARD SHUFFLE

5&                      Tap left toe to the side, lift

6&                      Tap left toe to the side, lift

7& 8&                      Sideward Shuffle left

## SIDE BALL CROSS, SIDE BALL CROSS FWD 2X's

9&                      Put weight onto right foot, shift weight onto left foot

10&                      Cross right foot in front of left foot and accept the weight and hold

11&                      Put weight onto left foot, shift weight onto right foot

12&                      Cross left foot in front of right foot and accept the weight and hold

## SIDEWARD SHUFFLE (\*OR 3 CT REVERSE TURN) RIGHT, KICK BALL TOUCH

13& 14                      Right foot slide to the right , left foot slide together, right foot slide to the right & make a ¼ turn right

15& 16&                      Left foot Kick Ball touch up with right foot (weight on left foot)

(\* 13& 14 Right foot step sideward right & start ¾ turn left, left foot step behind right foot and finish a ¾ turn left, right foot center)

## ¼ PUSH STEP TURN LEFT IN PLACE, SHUFFLE FWD

17& 18&                      Push right foot right, step on left foot, Push right foot right, step on left foot – all the while making a ¼ turn left

19& 20                      Three ct. Shuffle forward- right foot lead

## ½ PUSH STEP TURN RIGHT IN PLACE, SHUFFLE FWD

21& 22&                      Push left foot left, step on right foot, Push left foot left, step on right foot – all the while making a ¼ left

23& 24                      Three ct. Shuffle forward- left foot lead

## SIDE BALL CROSS BKWD, SIDE BALL CROSS BKWD

25&                      Right foot step to the right, shift weight onto left foot

26&                      Cross right foot in back of left foot and accept the weight and hold

27&                      Left foot step to the left, shift weight onto right foot

28&                      Cross left foot in back of right foot and accept the weight and hold

## SIDE BALL CROSS FWD, SIDE BALL ¼ RIGHT, CENTER

29&                      Right foot step to the right, shift weight onto left foot

30&                      Cross right foot in front of left foot and accept the weight and hold

31&                      Left foot step to the left, shift weight onto right foot and start a ¼ turn right

32&                      Finish ¼ right- left foot step forward, center – weight on left foot.

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