

Valerie's Twist & Shout

COPPER **KNOB**
BY STEPHEN HETS

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& Sideways 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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