

Old Black Joe

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Beate Keller (DE) - April 2016
音樂: Ol' Black Joe - Lennerockers



Start: 16 counts intro

S1 :TWIST HEELS L-R-L, HOLD, WALK IN A CIRCLE L-R-L-R.

1 2 3 4 RF & LF twist both heels to left(1), twist both heels to right(2), twist both heels to left(3)(weight on RF!)(1.30), hold (4)

5 6 7 8 LF walk in a circle, cw: left(5) -right(6) -left(7) -right(8) (12.00)

S2: TOE HEEL STEP SWIVEL, HOLD, ROCKING CHAIR.

1 2 3 4 LF toe touch next right toe(1), LF heel touch next right toe(2), LF small step fwd(3), hold(4)

5 6 7 8 RF rock fwd(5), LF recover(6), RF rock back(7), LF recover(8)

S3: TWIST HEELS R-L-R, HOLD, WALK IN A CIRCLE R-L-R-L.

1 2 3 4 bring RF to LF and twist both heels to right(1), twist both heels to left(2), twist both heels to right(3)(weight on LF!)(10.30), hold(4)

5 6 7 8 RF walk in a circle ccw: right(5) -left(6) -right(7) -left(8) (12.00)

S4: TOE HEEL STEP SWIVEL, HOLD, ROCKING CHAIR.

1 2 3 4 RF toe touch next left toe(1), RF heel touch next left toe(2), RF small step fwd(3), hold(4)

5 6 7 8 LF rock fwd(5), RF recover(6), LF rock back(7), RF recover(8)

S5: ½ MONTEREY TURN L WITH HOLDS.

1 2 3 4 LF point side left(1), hold(2), LF ½ turn left and step next to RF(3), hold(4) (6.00)

5 6 7 8 RF point side right(5), hold(6), RF step next to LF(7), hold(8)

S6: TOE STRUTS 4X (L-R-L-R).

1 2 3 4 LF touch toe fwd(1), LF drop heel to floor(2), RF touch toe fwd(3), RF drop heel to floor(4)

5 6 7 8 LF touch toe fwd(5), LF drop heel to floor(6), RF touch toe fwd(7), RF drop heel to floor(8)

****RESTART HERE** WALL 3**

S7: HITCH, ½ TURN L, HITCH, ½ TURN L, HITCH, ½ TURN L, HITCH, ¼ TURN L.

1 2 3 4 LF hitch(1), LF ½ turn left and step fwd(2), RF hitch(3), RF ½ turn left and step back(4)

5 6 7 8 LF hitch(5), LF ½ turn left and step fwd(6), RF hitch(7), RF ¼ turn left and step side right(8) (9.00)

S8: MAMBO BACK, HOLD, CROSS SHUFFLE, HOLD.

1 2 3 4 LF rock back(1), RF recover(2), LF close together(3), hold(4),

5 6 7 8 RF cross over LF(5), LF step side left(6), RF cross over LF(7), hold(8)

Start again

RESTART: 12.00 o'clock. – Wall 3

FINISH:

F1: HITCH, ¼ TURN R, HITCH, SIDE, HITCH, CROSS, HITCH, SIDE.

1 2 3 4 LF hitch(1), LF ¼ turn right and step back(2)(12.00), RF hitch(3), RF step side right(4),

5 6 7 8 LF hitch(5), LF cross over RF(6), RF hitch(7), RF step side right(8)

F2: KICK, STEP, KICK, STEP, JUMP, HOLD, JUMP, HOLD.

1 2 3 4 LF kick fwd(1), LF step next to RF(2), RF kick fwd(3), RF step next to LF(4)

5 6 7 8 RF & LF jump on both feet outward(5), hold(6), RF & LF jump on both feet together(7),
hold(8)

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