

Buddies

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Betty Lee (CAN) - May 2016
音樂: Nan Xiong Nan Di by Camy Tang



Intro:

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|-----------|--|
| 1,2& 3,4& | Clap hands at R upper corner, Clap hands at L upper corner |
| 5,6& 7,8& | Clap hands at R lower corner, Clap hands at L lower corner |
| 1-8 | (Step R out, Step L out, Step R in, Step L in) X2 |
| 9-16 | Repeat 1-8 |
| 1-8 | Twist to the R |
| 9-16 | Twist to the L |
| 1-8 | Lean to the R, Swaying hips and arm movements like hitting a drum |
| 9-16 | Lean to the L, Swaying hips and arm movements like hitting a drum |
| 1-8 | Straighten R arm, point & move arm from L to R, change wt. from L to R |
| 9-16 | Straighten L arm, point & move arm from R to L, change wt. from R to L |

Section 1: Step, Scuff, Step, Scuff, Jazz Box/Scuff

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|-----|--|
| 1-4 | Step forward R, Brush L heel next to R, Step forward L, Brush R heel next to L |
| 5-8 | Cross R over L, Recover on L, Step R to side, Brush L heel (wt. remains on R) |

Section 2: Back, Touch, Back, Touch, TwistX3, Hold

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|-----|--|
| 1-4 | Step back L, Touch R beside L, Step back R, Touch L beside R |
| 5-8 | Swivel heels, toes, heels, traveling to the L, Hold |

Section 3: TwistX3, Flick, Step, Lock, Step, Stomp

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|-----|---|
| 1-4 | Swivel heels, toes, heels, traveling to the R, Angle body to R diagonal/Flick L behind
(option: as you flick, cup your hands under your chin like a flower and look to 12:00 and smile OR throw your arms up in the air) |
| 5-8 | Step Fwd L (12:00), Lock step R behind, Step L Fwd, Stomp R next to L (wt. remains on L) |

Section 4: Twist down, Twist up, Run ¾ turn L

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| 1-4 | On the spot, swivel heels R,L,R,L as you're lowering and rising your body(wt. ends on L) |
| 5-8 | Run R,L,R,L, making ¾ turn L (3:00) |

Repeat

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