

Get Out The Kitchen

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 1 級數: Phrased Advanced
編舞者: Joey Warren (USA) - June 2016
音樂: Kitchen - Fleur East



A – 32 counts

A1: Brush Hitch Step, Sailor Step, Cross Back-Back, Cross Back ¼ Turn Cross

1-&-2 Brush R fwd, Hitch R knee up, Step R out to R
3-&-4 Step L behind R, Step R slightly out to R, Step L out/slightly fwd flicking R out to side
5&6& Cross R over L, Step back/out on L, Step R back, Cross L over R
7-&-8 Step back/out on R, ¼ Turn L stepping L out to L, Cross R over L

A2: Strong Steps travelling fwd, Quick weave travelling right w/ ball step on end

1234 Step L out/fwd as your R heel is flicked up behind you, Step R out/fwd as L heel flicks up behind you, Step L out/fwd flicking R heel again, Step R out/fwd flicking L heel again
5&6& Step L behind R, Step R out to R, Cross L over R, Step R out to R
7-&-8 Step L behind R, Ball step back on R, Step L fwd

A3: Rock-Rock-Recover & Step ¼ Side, Sailor Step, Cross Shuffle

1 – 2 Rock fwd on R, Rock back on L
3-&-4 Recover weight forward on R, Step L up beside R, ¼ Turn L stepping R out to R
5-&-6 Step L behind R, Step R slightly out to R, Step L out to L
7-&-8 Cross R over L, Step L out to L, Cross R over L

A4: ¼ Camel Step x2, Rock-Recover Side Step, Step Touch x2, Rock & Cross &

1 – 2 ¼ Turn L Step L fwd as you pop R knee fwd, Step R fwd as you pop L knee fwd
3-&-4 Rock fwd on L, Recover back on R, Step L out to L
5&6& Step R back/out to R, Touch L beside R, Step L back/out to L, Touch R beside L
7&8& Rock R out to R, Bring L to R, Cross R over L, Step L out to L

B – 32 counts

B1: Cross ¼ Walk, Hip Bumps, ½ Turn Walk Walk, Side Step With Hip Sways

1 – 2 Cross R over L, ¼ Turn L stepping L fwd
3-&-4 Touch R fwd bumping R hip fwd, Recover weight to L, Bump R hip fwd taking weight on R
5-&-6 ½ Turn L stepping L fwd, Step R fwd, Step L fwd
7 – 8 Step R out to R as sway hips R, Sway hips L taking weight L

B2: Coaster Step, Hip Bumps Fwd, ¼ Step Touch x2, Weave w/ side touch & Look

1-&-2 Step R back, Step L back beside R, Step R fwd
3-&-4 Touch L fwd as you bump L hip fwd, Recover weight to R, Bump L hip fwd taking weight on L
5&6& ¼ Turn R stepping R out to R, Touch L beside R, Step L out to L, Touch R beside L
7&8& Step R out to R, Cross step L behind R, Step R to R as you open body ¼ R, Touch L next to R

* You are just opening your body and head a ¼ Turn R, feet still @ 9 o'clock

B3: Step Cross, ¾ Turn Stepping L-R, Quick Back L-R-L, Full Turn stepping R - L

1 – 2 Small step L out to L, Cross R over L
3 – 4 ¼ Turn L stepping L fwd, ½ Turn L stepping R back
5-&-6 Step back on L, Step R back beside L, Step back on L
7 – 8 ½ Turn R stepping R fwd, ½ Turn R stepping L back

B4: Coaster Step, Walk Walk, Step Touch Step, Hitch-Step back L, Recover Ball Step

1-&-2 Step back on R, Step L beside R, Step R fwd

- 3 – 4 Step L fwd, Step R fwd
 5&6& Step L out to L, Touch R beside L, Step R out to R, Slightly hitch L knee up
 7 – 8& Step back on L (opening body to L and lifting R leg across L), Step fwd on R, Ball Step L fwd

C – 32 counts

C1: Walk Walk, ¼ Rock & Cross, Full Turn Point, Cross Side Point

- 1 – 2 Walk fwd R, Walk fwd L
 3&4& ¼ Turn L rocking R to R, Recover to L, Cross R over L, ¼ Turn R stepping back on L
 5-&-6 ¾ Turn R on ball of L, Step down on R, Point L out to L
 7-&-8 Cross L over R, Step R out to R, Point L toe behind R

C2: Side-Ball-Cross, ¼ - ½, Mambo with a half, Full Turn Right

- 1-&-2 Step L out to L, Ball step R beside L, Cross L over R
 3 – 4 ¼ Turn L stepping back on R, ½ Turn L stepping fwd on L
 5-&-6 Rock fwd on R, Recover back on L, ½ Turn R stepping R fwd
 7 – 8 ½ Turn R step back L, ½ Turn R step fwd R, (easy option is walk fwd L, walk fwd R)

C3: ¼ Side Touch Step, Behind Side Cross, Step Touch Step, Behind Side Cross

- 1-&-2 ¼ Turn R stepping L out to L, Touch R beside L, Step R out to R
 3-&-4 Step L behind R, Step R out to R, Cross L over R
 5-&-6 Step R out to R, Touch L next to R, Step L out to L
 7-&-8 Step R behind L, Step L out to L, Cross R over L

C4: ¼ Ball Step ½ Turn, Walk, Walk, Mambo Step, Coaster Step

- 1-&-2 ¼ Turn L stepping L fwd, Ball step R fwd, Quick ½ Turn L stepping L fwd
 3 – 4 Walk fwd R, Walk fwd L
 5-&-6 Rock fwd on R, Recover back to L, Step R back slightly behind L
 7-&-8 Step back on L, Step R beside L, Step L fwd

Tag 1 – 16 counts

T1S1: Brush Hitch Step, Step Hold, Chug 1/2 Turn

- 1-&-2 Brush R fwd, Hitch R knee up, Step R out to R
 3 – 4 Small step out to L with L, Hold count 4
 5678 Chug ½ Turn to the L (L foot in place Chug/Scout R foot around for ½ Turn)

T1S2: Chug ½ Turn, Kick-Hook

- 1234 Continue with another ¼ Turn L with R Chug Step
 5-6-7 Finish Full Turn Chug by continuing another ¼ L chugging the R (on count 7 you should be back □ at 12 o'clock and take full weight on count 7 on the R)
 & - 8 Small low kick fwd with the L, Hook L over the R (in the air)

Tag 2 – 16 counts

T2S1: Rolling Vine L, Side Touch & Hold, & Touch & Touch

- 1234 ¼ Turn L stepping L fwd, ½ Turn L stepping R back, ¼ Turn L stepping L to L, Cross R over L
 &5 – 6 Small step out to L with L, Touch R toe beside L (R knee bent), Hold count 6
 &7&8 Small step out to R with R, Touch L beside R, Small step out to L with L, Touch R beside L

T2S2: Rolling Vine R, Side Touch & Hold, & Touch, Touch Cross

- 1234 ¼ Turn R stepping R fwd, ½ Turn R stepping L back, ¼ Turn R stepping R to R, Cross L over R
 &5 – 6 Small step out to R with R, Touch L toe beside R (L knee bent), Hold count 6
 &7&8 Small step out to L with L, Touch R beside L, Touch R toe out to R, Cross Step R over L

Tag 2 you do 3 Times in a row, right after Tag 1. On the last Rolling Vine R and touches, instead of Cross Step you Touch R out to R count (&), Touch R beside L count (8) so you can go into B walking forward to 12

o'clock with the R foot.

You finish with Tag 2, but after the very last C before you go into Tag 2..You have to do Brush Hitch Step on the R (1 & 2), Then Hold counts (3 4), Then start your rolling vine L.

SEQUENCE:□A, B, C, A, B, C, Tag 1, Tag 2, Tag 2, Tag 2 with touch on end, B, C, Tag 2 to finish

AS ALWAYS.....IT'S NOT THAT HARD.....JUST FAST

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