

Dance @ 30,000 Feet

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Brandi Hughes (CAN) - July 2016
音樂: 30,000 Feet - Bobby Wills : (amazon & iTunes)



Sec 1. □Side Rock, Cross, Side Shuffle, Syncopated Jazz Box

1-2& Step Left to left side (1), Recover weight on Right (2), Cross Left over Right(&
3&4 Step Right to right side (3), Step Left beside right (&), Step Right to right side (4)
5-6& Cross Left over right (5), Step Right back (6), Step Left beside right (&
7-8 Step Right forward (7), Step Left forward (8)

***Restart Here on Wall 3 (see below)**

Sec 2. Toe Struts/Hip Bumps (x2), Rock, Recover, Back Shuffle

1&2 Touch Right toe forward bumping right hip forward (1), Bump Right hip to center (&), Press
Right heel down taking weight (2)
3&4 Touch Left toe forward bumping left hip forward (3), Bump Left hip to center (&), Press Left
heel down taking weight (4)
5-6 Step Right forward (5), Recover weight back on Left (6)
7&8 Step Right back (7), Step Left beside right (&), Step Right back (8)

Sec 3. Night Club Basic, ¼ Turn Night Basic, Cross, ¼ Turn, Step, Shuffle Forward

1-2& Large step left on Left foot (1), Step Right back (2), Recover weight forward on Left (&
3-4& Large step right and back on Right making ¼ turn left (9:00) (3), Step back left (4), Recover
weight forward on right (&
5-6& Cross Left over right (5), Step back on Right making ¼ turn left (6:00) (6), Step Left forward
(&
7&8 Step Right forward (7), Step left beside right (7), Step Right forward (8)

Sec 4. Press, Recover, Step (x2), Cross, Step, Point, Walk (x2)

1-2& Lunge Left toe forward (1), Recover weight back on right kicking left toe forward (2), Step Left
at center (&
3-4& Lunge Right toe forward (1), Recover weight back on left kicking right toe forward (2), Step
Right at center (&
5-6& Cross Left over right (5), Step Right to right side (6), Point Left toe to left side (&
7-8 Step forward Left (7), Step forward Right (8)

***Tag – End of Wall 6**

Restart – Wall 3 (12:00) – Do first 7 counts...on count 8 TOUCH Left beside Right instead of stepping down on it and begin the dance again.

Tag – End of Wall 6 (6:00) – 4 Counts

1-4 Step Left forward (1), Recover weight back on right (2), Step Left back (3), Recover weight
forward on right (4)