

Super Stress

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Advanced
編舞者: Adriano Castagnoli (IT) & Manu Santos (FR) - November 2016
音樂: Chasin Rodeo - Troy Cassar-Daley



[S1] TOES STRUT FORWARD (RIGHT, LEFT), KICK, HOOK, KICK, FLICK UP BACK

1-2 Step Forward On Right Toe, Drop Heel Taking Weight
3-4 Step Forward On Left Toe, Drop Heel Taking Weight
5-6 Kick Right Forward, Hook Right Over Left
7-8 Kick Right Forward, Flick Up Back Right

[S2] SCISSOR RIGHT, TURN 1/4 LEFT & SCUFF, ROCK FORWARD, TURN 1/2 LEFT, SCUFF

1-2 Step Right Diagonally Back To Right, Step Left Beside Right
3-4 Cross Right Over Left, Turn 1/4 Left And Scuff Left Beside Right
5-6 Rock Forward On Left, Return Onto Right (9:00)
7-8 Turn 1/2 Left On Right And Step Left Forward, Scuff Right Beside Left (3:00)

[S3] GRAPEVINE RIGHT, SCUFF, GRAPEVINE LEFT 1/4 TURN, SCUFF

1-2 Step Right To Right Side, Cross Left Behind Right
3-4 Step Right To Right Side, Scuff Left Beside Right
5-6 Step Left To Left Side, Cross Right Behind Left
7-8 Step Left 1/4 Turn Left, Scuff Right Beside Left (12:00)

[S4] DIAGONALLY STEPS AND STOMP UP, ROCK BACK RIGHT, 2 STOMP

1-2 Step Right Diagonally Forward To Right, Stomp Up Left Beside Right
3-4 Step Left Diagonally Back To Left, Stomp Up Right Beside Left
5-6 Jumping Rock Back On Right And Kick Left Forward, Return Onto Left
7-8 Stomp Up Right Beside Left, Stomp Right Forward

[S5] 2 KICKS LEFT, ROCKING CHAIR BACK LEFT, TURN 1/2 LEFT, SCUFF

1-2 Kick Left Forward (Twice)
3-4 Rock Back On Left, Return Onto Right
5-6 Rock Forward On Left, Return Onto Right
7-8 Turn 1/2 Left On Right And Step Left Forward, Scuff Right Beside Left (6:00)

[S6] TURN 1/4 LEFT, STOMP UP, TURN 1/4 LEFT, STOMP UP, HEEL SWITCHES

1-2 Turn 1/4 Left And Step Right To Right Side, Stomp Up Left Beside Right (3:00)
3-4 Turn 1/4 Left And Step Left Forward, Stomp Up Right Beside Left (12:00)
5-6 Touch Right Heel Forward, Step Right Beside Left
7-8 Touch Left Heel Forward, Step Left Beside Right

[S7] MONTEREY 1/2 TURN RIGHT AND HOOK, GRAPEVINE LEFT, SCUFF

1-2 Touch Right Toe To Right, Turn 1/2 Right On Left Stepping Right Beside Left (6:00)
3-4 Touch Left Toe To Left Side, Hook Left Over Right
5-6 Step Left To Left Side, Cross Right Behind Left
7-8 Step Left To Left Side, Scuff Right Beside Left

[S8] 2 SCOOT, STEP, SCUFF, JAZZ BOX LEFT AND STOMP UP

1-2 Jump To Right Side On Left While Hitching Other Knee (Twice)
3-4 Step Right On Place, Scuff Left Beside Right
5-6 Jumping Cross Left Over Right, Step Right Back
7-8 Step Left To Left Side, Stomp Up Right Beside Left

REPEAT

TAG: after 2nd and 5th repetition (here twice)

***(The 2nd time of tag is on the 2nd wall and must return on first wall repeating twice the first 4 count of the first section, for then after resume from Kick Right Forward**

[TS1] TURN 1/4 RIGHT AND SWIVEL RIGHT FOOT (TOE, HEEL, TOE), STOMP, TURN 1/4 LEFT AND SWIVEL LEFT FOOT (TOE, HEEL, TOE), STOMP UP

1-2 Start Turn 1/4 Right And Swivel Right Foot To Right Side (Toe, Heel)

3-4 End Turn 1/4 Right And Swivel Right Toe To Right Side, Stomp Left Beside Right (3:00)

***5-6 Start Turn 1/4 Left And Swivel Left Foot To Left Side (Toe, Heel)**

***7-8 End Turn 1/4 Left And Swivel Left Toe To Left Side, Stomp Up Right Beside Left (12:00)**

[TS2] KICK, BRUSH, KICK BACK, SCUFF, FULL TURN LEFT FORWARD

1-2 Kick Right Forward, Brush Back Right Beside Left

3-4 Kick Right Back, Scuff Right Beside Left

5-6 Step Forward On Right Toe, Turn 1/2 Left And Drop Heel Taking Weight (6:00)

7-8 Step Back On Left Toe, Turn 1/2 Left And Drop Heel Taking Weight (12:00)

[TS3] GRAPEVINE RIGHT, SCUFF, GRAPEVINE LEFT 1/4 TURN, KICK

1-2 Step Right To Right Side, Cross Left Behind Right

3-4 Step Right To Right Side, Scuff Left Beside Right

5-6 Step Left To Left Side, Cross Right Behind Left

7-8 Step Left 1/4 Turn Left, Kick Right Forward (9:00)

[TS4] TURN 3/4 LEFT JUMPING JAZZ BOX RIGHT, CROSS, ROCK BACK, 2 STOMP

1-2 Jumping Turn 1/4 Left And Cross Right Over Left, Turn 1/4 Left And Kick Right Forward (3:00)

3-4 Kick Left Forward, Turn 1/4 Left And Cross Left Over Right (12:00)

5-6 Rock Back On Right, Return Onto Left

7-8 Stomp Right On Place, Stomp Left On Place

INTRODUCTION: sequence is S(1-2) twice + S(3-4) twice

[S1] LOCK FORWARD RIGHT, HOLD, PIVOT 1/2 RIGHT, TURN 1/2 RIGHT, HOLD

1-2 Step Forward Right, Lock Left Behind Right

3-4 Step Forward Right, Hold

5-6 Step Forward Left, Pivot 1/2 Turn Right (6:00)

7-8 Turn 1/2 Right On Right And Step Left Back, Hold (12:00)

[S2] SHUFFLE BACK RIGHT (SLOW), HOLD, ROCK BACK LEFT, 2 STOMP

1-2 Step Right Back, Close Left Beside Right

3-4 Step Right Back, Hold

5-6 Jumping Rock Back On Left And Kick Right Forward, Return Onto Right

7-8 Stomp Up Left Beside Right, Stomp Left Forward

[S3] KICK, HOOK, 2 KICKS, ROCK BACK RIGHT, 2 TOUCH TOE

1-2 Kick Right Forward, Hook Right Over Left

3-4 Kick Right Forward (Twice)

5-6 Jumping Rock Back On Right And Kick Left Forward, Return Onto Left

7-8 Touch Right Toe Crossing Behind Left (Twice)

[S4] MONTEREY 1/2 TURN RIGHT (TWICE)

1-2 Touch Right Toe To Right, Turn 1/2 Right On Left Stepping Right Beside Left (6:00)

3-4 Touch Left Toe To Left Side, Step Left Beside Right

5-6 Repeat 1-2 (12:00)

7-8 Repeat 3-4

