

March Madness (Sunday Finest)

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 3 級數: Phrased Intermediate
編舞者: Kayla Cosgrove (USA) - February 2017
音樂: Sunday Finest - Sir Rosevelt



Sequence: A,B,A,B,B,A-,TAG,B,B

A1. JAZZ BOX CROSS, STEP SIDE, KICK RIGHT X2, BALL CROSS BALL HEEL

1,2,3,4 Cross R over L(1) Step L back(2) Step R side(3) Cross L over R(4)
5,6,7 Step R to R(5) Kick L out to side(6) Lick L to L side(7)
&&&1 Step down on L(&) Cross R over L(8) Step L to L(&) Place R heel out to R angle(1)

A2. HOLD, BALL STEP, ½ RIGHT, FULL TURN RIGHT, HITCH, BOOGIE RUN X3, PUSH/PRESS

2,&3,4 Hold(2) Step down on R(&) Step fwd L(3) ½ turn R onto R(4)
5,6,7 Turn ½ turn R stepping back on L(5) ½ R stepping fwd on R(6) Rise up on ball of R and hitch L knee up(7)
&&&1 Step down on L shifting knees to L(&) run fwd on R & shift knees R(8) Run fwd on L & shift knees L(&) □□□ Push or Press R fwd(1)

A3. SWEEP, BEHIND SIDE CROSS, SIDE ROCK RECOVER, SYNCOPATED WEAVE

2, 3&4 Step down on L and sweep R around to back(2) Step R behind L(3) Step L to L(&) Cross R over L(4)
5,6 Rock L to L(5) Recover to R(6)
7&&& Step L behind R(7) Step R to R(&) Cross L over R(8) Step R to R side(&)

Note: Count 7 is a long count, drag it out before going into the weave

A4. BACK ROCK RECOVER, SHUFFLE ¼ LEFT, ¼ LEFT STEP SIDE, CROSS, HEEL GRIND, STEP TOGETHER

1,2,3&4 Back rock L(1) Recover R(2) Step L to L(3) Step R together(&) make ¼ L stepping L fwd(4)
5,6,7,8 Make a ¼ L & step R to R(5) Cross L over R(6) Grind L heel and twist toes to L as you step R to R(7) Step R □□□ together(8)

***Tag happens here – 3rd time you dance A, Dance the first 32 counts of A, do the tag into B**

A5. STEP FWD, CHARLESTON, STEP FORWARD, TOGETHER STEP, APPLEJACKS ¼ RIGHT

1,2,3,4 Step R fwd(1) Tap L fwd(2) Step L back(3) Tap R back(4)
5,6,7 Step R fwd(5) Step L together(6) Step R in place(7)
&&&1 On ball of L and heel of R, swivel L heel to R and R toes to R making starting to make 1/8 turn R(&) □ On ball of R and heel of L swivel R heel to R and L toes to R finishing 1/8 turn R(8) On ball of L and heel of R, swivel L heel to R and R toes to R making starting to make 1/8 turn R(&) On ball of R and heel of L swivel R heel to R and L toes to R finishing 1/8 turn R. Weight on R(1)

CHARLESTON OPTION: Swivel heels in and out for added styling, as you tap toes fwd and back

APPLEJACK EASY OPTION: Swivel both heels and toes together making the 1/8 turns to the right

A6. STEP FWD, CHARELSTON, STEP FORWARD, TOGETHER STEP, APPLEJACKS ¼ RIGHT

2,3,4,5 Step L fwd(2) Tap R fwd(3) Step R back(4) Tap L back(5)
6,7 Step L together(6) Step R in place(7)
&&&1 On ball of L and heel of R, swivel L heel to R and R toes to R making starting to make 1/8 turn R(&) □ On ball of R and heel of L swivel R heel to R and L toes to R finishing 1/8 turn R(8) On ball of L and heel of R, swivel L heel to R and R toes to R making starting to make 1/8 turn R(&) On ball of R and heel of L swivel R heel to R and L toes to R finishing 1/8 turn R. Weight on R(1)

A7. STEP FWD, CHARELSTON, STEP FORWARD, TOGETHER STEP, APPLEJACKS ¼ RIGHT

2,3,4,5 Step L fwd(2) Tap R fwd(3) Step R back(4) Tap L back(5)
6,7 Step L together(6) Step R in place(7)
&&&1 On ball of L and heel of R, swivel L heel to R and R toes to R making starting to make 1/8 turn R(&) □ On ball of R and heel of L swivel R heel to R and L toes to R finishing 1/8 turn R(8) On ball of L and heel of R, swivel L heel to R and R toes to R making starting to make 1/8 turn R(&) On ball of R and heel of L swivel R heel to R and L toes to R finishing 1/8 turn R. Weight on R(1)

A8. STEP FWD LEFT, STEP ½ LEFT, FULL TURN LEFT, ROCK RECOVER

2,3,4 Step fwd L(2) Step fwd R(3) ½ turn L onto L(4)
5,6,7,8 ½ L stepping back on R(5) ½ turn L stepping fwd on L(6) Rock fwd on R(7) Recover back on L(8)

B1. JUMP SHOT, BACK ROCK RECOVER, STEP FWD, LEFT SHUFFLE, STEP ½ LEFT

1,2,3,4 Bringing L arm up about forehead height, palm facing R and Right hand same height palm facing up

(Imagine you're holding a basketball) Hop on ball of L and "shoot the ball" by rising R arm higher & flicking R wrist down(1) Back rock R(2) Recover fwd L(3) step fwd R(4)

5&6,7,8 Step L fwd(5) Bring R together(&) Step L fwd(6) Step R fwd(7) ½ L weight to L(8)

B2. ¼ LEFT HITCH RIGHT, STEP OUT, HIP RIGHT, HIP LEFT, HEEL SWIVEL RIGHT AND LEFT, FLICK

1,2,3,4 Make a ¼ on ball of L hitching R knee up(1) step R down and out(2) Swing hips back and to R(3) Swing hips back and to L(4)

5&6,7&8 Feet shoulder width apart, swivel both heels to R(5) Swivel heels home(&) Swivel heels R(6) Swivel heels L(7) Swivel heels home(&) Swivel L heel L and flick R heel behind L(8)

STYLING OPTION: On swivels, add shoulder pops. As heel go to R, R shoulder goes down and vice versa.

B3. SIDE ROCK, BACK SIT, FLICK, SHUFFLE RIGHT ¼, STEP ¼ RIGHT

1,2,3,4 Rock R to R(1) Recover L(2) Rock back onto R & sit down into R leg lifting L foot off the ground slightly(3) □ □ □ Hope fwd onto L and flick R back(4)

5&6,7,8 Step R to R(5) Step L together(&) turn ¼ R and step R fwd(6) Step L fwd (7) ¼ R onto R(8)

B4. CROSS SHUFFLE, ½ CROSS SHUFFLE, ROCK STEP, BALL ROCK STEP

1&2 Cross L over R(1) Step R out(&) Cross L over R(2)

&3&4 On ball of L turn ½ turn R(&) Cross R over L(3) Step L to side(&) Cross R over L stepping slightly fwd(4)

5,6 Rock fwd onto L(5) Recover back R(6)

&7,8 Bring L in and step down on ball of L(&) Rock R fwd(7) Recover back on L(8)

TAG: "Do It Again" Dance the first 32 counts of part A then do your Tag, into section B

1,2,3,4 Grind L heel and twist L toes to L as you step R to R and make a ¼ L (1) Step R together(2) Grind L heel and twist L toes to L as you step R to R and make a ¼ L (3) Step R together(4)

5,6,7,8 Grind L heel and twist L toes to L as you step R to R and make a ¼ L (5) Step R together(6) Rock fwd R(7) Recover back L(8) Into section B "Jump shot"

GOOD LUCK AND ENJOY!

Last Update - 4th March 2017
