

Sinful Polka

COPPER KNOB
BY STEPSHEETS

拍數: 48 牆數: 4 級數: Low Intermediate
編舞者: Helen Woods (USA) - March 2018
音樂: I Feel a Sin Comin On - Rachel Lipsky : (Album: Step Off Into It - 2:33)



Step sheet prepared by Harry Woods

#32 count intro, support on left

SECTION 1: TRIPLE FORWARD, TRIPLE FORWARD, ROCK FORWARD, RECOVER, TRIPLE HALF TURN RIGHT

- 1& Step right forward, step left together (3rd position)
- 2 Step right forward
- 3& Step left forward, step right together (3rd position)
- 4 Step left forward
- 5 Rock right forward
- 6 Recover left then turn $\frac{1}{4}$ right (3:00)
- 7& Step right to side, step left together then turn $\frac{1}{4}$ right (6:00)
- 8 Step right forward then turn $\frac{1}{4}$ right (9:00)

SECTION 2: TRIPLE HALF TURN RIGHT, ROCK BACK, RECOVER, KICK, KICK, ROCK BACK, RECOVER

- 1& Step left to side, step right together then turn $\frac{1}{4}$ right (12:00)
- 2 Step left back
- 3 Rock right back
- 4 Recover left
- 5 Kick right diagonally forward (on 3rd and 6th rotations look over left shoulder)
- 6 Kick right diagonally forward (on 3rd and 6th rotations look over left shoulder)
- 7 Rock right back
- 8 Recover left (12:00)

SECTION 3: TOE, HEEL, CROSS SIDE CROSS, TOE, HEEL, CROSS SIDE CROSS

- 1 Touch right toe beside left (optionally, concurrently swiveling left on ball of left)
- 2 Touch right heel diagonally forward (optionally, concurrently swiveling right on ball of left)
- 3& Step right across left, step left to side
- 4 Step right across left
- 5 Touch left toe beside right (optionally, concurrently swiveling right on ball of right)
- 6 Touch left heel diagonally forward (optionally, concurrently swiveling left on ball of right)
- 7& Step left across right, step right to side
- 8 Step left across right (12:00)

SECTION 4: HEEL, HEEL, BEHIND SIDE CROSS, HEEL, HEEL, BEHIND (TURN $\frac{1}{4}$) STEP TOGETHER

- 1 Touch right heel diagonally forward
- 2 Touch right heel diagonally forward
- 3& Step right behind left, step left to side
- 4 Step right across left
- 5 Touch left heel diagonally forward
- 6 Touch left heel diagonally forward
- 7& Step left behind right then turn $\frac{1}{4}$ right (3:00), step right forward
- 8 Step left together (3:00)

SECTION 5: POINT, HOLD (TURN $\frac{1}{2}$), REPLACE, HOLD, POINT, TOUCH, POINT, TOGETHER

- 1 Point right to side

- 2 Hold then turn ½ right drawing right toward left (9:00)
- 3 Step right beside left
- 4 Hold
- 5 Point left to side
- 6 Touch left beside right
- 7 Point left to side
- 8 Step left together (9:00)

SECTION 6: STEP, SCUFF, STEP, SCUFF, STOMP, STOMP, SWIVET

- 1 Step right forward
- 2 Scuff left beside right
- 3 Step left forward
- 4 Scuff right beside left
- 5 Stomp right forward
- 6 Stomp left beside right
- 7 Isolating upper body swivel right on ball of left and heel of right
- 8 Swivel left on ball of left and heel of right replacing left (9:00)

RESTART: During 4th rotation after count 32 Restart dance from beginning

TAG: After 1st rotation add Tag steps below

STEP, SCUFF, STEP, SCUFF, STOMP, STOMP, SWIVET

- 1 Step right forward
- 2 Scuff left beside right
- 3 Step left forward
- 4 Scuff right beside left
- 5 Stomp right forward
- 6 Stomp left beside right
- 7 Isolating upper body swivel right on ball of left and heel of right
- 8 Swivel left on ball of left and heel of right replacing left

ENDING: After 6th rotation facing original 12:00 add ending steps below

SECTION 1: POINT, HOLD (TURN ½), REPLACE, HOLD, POINT, TOUCH, POINT, TOGETHER

- 1 Point right to side
- 2 Hold then turn ½ right drawing right toward left (6:00) (optionally, make a full turn to face the original 12:00)
- 3 Step right beside left
- 4 Hold
- 5 Point left to side
- 6 Touch left beside right
- 7 Point left to side
- 8 Step left together (6:00) (end section facing original 12:00 if full turn made)

SECTION 2: STEP, SCUFF, STEP, SCUFF, STOMP, STOMP, SWIVET

- 1 Step right forward
- 2 Scuff left beside right
- 3 Step left forward
- 4 Scuff right beside left
- 5 Stomp right forward
- 6 Stomp left beside right
- 7 Isolating upper body swivel right on ball of left and heel of right
- 8 Swivel left on ball of left and heel of right replacing left (6:00)

(end section facing original 12:00 if full turn made)

