

Born Wild

COPPERKNOB
STEPSHEETS

拍數: 64
編舞者: Michela Zangheri - June 2018
音樂: Born Free - Kid Rock

牆數: 4

級數: Phrased High Intermediate



Seq: A A TAG1 B A A TAG1 B A(16 counts)* B A(16 counts)* A A A TAG1 TAG2 B A(16 counts)* B B24

PART A: 32 counts

A1: SIDE ROCK, SAILOR STEP 1/4 TURN RIGHT, SIDE TOE STRUT L, CROSS TOE STRUT R

1-2 Side rock with the R foot and recover
3&4 right Sailor step turn 1/4 R
5-6 Touch L to the side, drop L heel
7-8 Touch R over the L, drop R heel

A2: SIDE ROCK, SAILOR STEP, X2 TOE STRUT 1/2 TURN LEFT

1-2 Side rock with the L foot and recover
3&4 left Sailor step
5-6 Touch R forward, drop R heel turning 1/2 L with the R foot
7-8 Touch L forward, drop R heel turning 1/2 L with the L foot (3:00)

*Restart here

A3: RIGHT HEEL & TOUCH LEFT, RIGHT HEEL, OUT, OUT, BUMP X2, HIP ROLL

1&2 R heel forward, recover weight to the R, touch with the L toe near the R
&3&4 recover weight to L, R heel forward, step R out to R side, step L out to L side
5-6 Hip bump L x2
7-8 Hip rotation anticlockwise

A4: RIGHT HEEL & TOUCH LEFT, RIGHT HEEL, OUT, OUT, JAZZ BOX 1/4 TURN RIGHT

1&2 R heel forward, recover weight to the R, touch with the L toe near the R
&3&4 recover weight to L, R heel forward, step R out to R side, step L out to L side
5-6 Cross R over L 1/4 turn R, step L diagonal back
7-8 step R to R side, step L over R

PART B: 32 counts

B1: SHUFFLE FORWARD X2, ROCK STEP & REC, 1/2 TURN RIGHT, FULL TURN

1&2 Shuffle forward starting with the R foot
3&4 Shuffle forward starting with the L foot
5-6 Rock forward with R foot and recover to the L
7-8& Step R turning 1/2 R, Step L back turning 1/2 R, turn 1/2 R (without weight) (6:00)

B2: SHUFFLE FORWARD X2, ROCK STEP & REC, 1/2 TURN RIGHT, 3/4 TURN RIGHT

1&2 Shuffle forward starting with the R foot
3&4 Shuffle forward starting with the L foot
5-6 Rock forward with R foot and recover to the L
7-8& Step R turning 1/2 R, Step L back turning 1/2 R, turn 1/4 R (without weight) (9:00)

B3: SIDE SHUFFLE, ROCK BACK, SIDE SHUFFLE, ROCK BACK

1&2 R foot to the R side, L foot beside R, R foot to the R side
3-4 Rock back on the L foot and recover on the R foot
5&6 L foot to the L side, R foot beside L, L foot to the L side
7-8 Rock back on the R foot and recover on the L foot

B4: MONTEREY TURN 1/4 RIGHT, JAZZ BOX RIGHT

- 1-2 Point R to side, turn 1/4 R, stepping R foot next to L (12:00)
- 3-4 Point L to side, step L together
- 5-6 Cross R over L, step L back
- 7-8 Step R to the right side, step L over R

TAG 1 – 16 counts

STOMP LEFT, SWIVEL HEEL, TOE, HEEL, TOE, CROSS TOUCH X2

- 1-2 Diagonal stomp with the R foot, hold
- 3-4 Swivel L heel towards R heel, swivel L toe towards R heel
- 5-6 Swivel L heel towards R heel, swivel L toe towards R heel
- 7-8 2 Cross touch with the L foot behind the R foot

STOMP RIGHT, SWIVEL HEEL, TOE, HEEL, TOE, CROSS TOUCH X2

- 1-2 Diagonal stomp with the L foot, hold
- 3-4 Swivel R heel towards L heel, swivel L toe towards L heel
- 5-6 Swivel R heel towards L heel, swivel L toe towards L heel
- 7-8 2 Cross touches with the R foot behind the L foot

TAG 2 – 8 counts

ROCKING CHAIR, STEP TURN X2

- 1-2 Step R forward, recover on L
- 3-4 Step R back, recover on L
- 5-6 Step R turning ½ L
- 7-8 Step R turning ½ L

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