

Applause...Lady

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Betty Lee (CAN) - August 2019
音樂: Applause - Lady Gaga



Intro: 32 counts

Alternate music: "Happy" by Pharrell Williams

Section 1. Step, Pivot ½ L, Cross Rock, Side Rock, Back Rock

1-2 Step Forward R, Pivot ½ Turn L (weight onto L) [6:00]
3-4 Cross Step R over L, Recover onto L
5-6 Rock Step R to R Side, Recover onto L
7-8 Rock Step Back on R, Recover onto L

Section 2. Step, Pivot ¼ L, Cross Rock, Side Rock, Back Rock

1-2 Step Forward R, Pivot ¼ Turn L (weight onto L) [3:00]
3-4 Cross Step R over L, Recover onto L
5-6 Rock Step R to R Side, Recover onto L
7-8 Rock Step Back on R, Recover onto L

Section 3. Lindy R, Lindy L

1&2 Step R to R side, Step L next to R, Step R to R side
3-4 Rock Step back on L, Recover onto R
5&6 Step L to L side, Step R next to L, Step L to L side
7-8 Rock Step back on R, Recover onto L

*** Easy option for section 3: Side, Together, Side, Touch; Side Together, Side, Touch

1-4 Step R to R side, Step L next to R, Step R to R side, Touch L next to R
5-6 Step L to L side, Step R next to L, Step L to L side, Touch R next to L

Section 4. R Side, Together, Heel Bounce X2 / Claps, L Side, Together, Heel Bounce X2 /Claps

1-2 Big Step R to R Side /Dragging L, Step L next to R
&3 Lift both heels up on ball of feet (&), Drops heels & Clap hands (3)
&4 Lift both heels up on ball of feet (&), Drops heels & Clap hands, ending wt. on R (4)
5-6 Big Step L to L Side/Dragging R, Step R next to L
&7 Lift both heels up on ball of feet (&), Drops heels & Clap hands (7)
&8 Lift both heels up on ball of feet (&), Drops heels & Clap hands, ending wt. on L (8)

*** Easy option for Section 4:

R Side, Together, Heel Bounce with claps, L Side, Together, Heel Bounce with claps

1-2 Step R to R Side, Step L next to R
3-4 Lift both heels up on ball of feet, Drops heels & Clap hands
5-6 Step L to L Side, Step R next to L
7-8 Lift both heels up on ball of feet, Drops heels & Clap hands

REPEAT

***Ending: Wall 14 ends facing 6:00, continue to dance 1st 4 counts of Section 1, recover weight to RF