

Banjo!

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver Contra
編舞者: Michelle Wright (USA) - March 2020
音樂: Banjo! (feat. Cowboy Troy) (Remix) - HardNox



If doing it Contra lines start facing each other
Dance starts on the "rap section" 16 counts in

Section 1: R&L kick kick coaster steps

1,2 Double kick R forward
3&4 Step R back, Step L next to R, step forward R
5,6 Double kick L forward
7&8 Step back L, Step R next to L, Step forward L

Section 2: ¾ shuffle box, L double stomp

1&2 Step R to R side, step L next to R, step R to R side
3&4 ¼ turn over R step L to L side, step R next to L, Step L to L side
(Contra this shuffle will have lines pass through each other switching sides)
5&6 ¼ turn over R stepping R to R side, L next to R, step R to R side
7,8 stomp up L, stomp L (weight on L)

Section 3: R&L heel jacks w/ double heel taps

1,2&3,4 Step R to R side, Cross L behind R, step R to R side, tap L heel on diagonal, tap L heel on Diagonal
5,6&7,8 Step L to L side, Cross R behind L, Step L to L side, tap R heel on diagonal, tap R heel on diagonal

Section 4: R&L kick and point, 2 step ½ pivot

1&2 Kick R forward, step R next to L, point L toe to L side
3&4 Kick L forward, step L next to R, point R toe to R side
5,6 Step forward R, ½ pivot over L weight on L
7,8 Step forward R, ½ pivot over L weight on L

(Can do rocking chair to replace last 4 counts)

End of dance!

Have fun with it!

If preferred the original version of the song can also be used.

If using alternate song music dance starts with banjo sounds 32 counts in.

Banjo! By HardNox

Any questions email Michellelinedance@gmail.com

Last Update - 5 March 2020