

Black Sheep (Phrased)

COPPER KNOB
BY STEPHEN HETS

拍數: 0 牆數: 2 級數: Phrased High Improver
編舞者: Jen Oropeza (USA) - February 2020
音樂: Black Sheep - 8Track - Walker Hayes



16 count Musical Intro (4 bar)

Sequence: A BBB A BBB

PART A

R HEEL, TOE, HEEL, TOUCH, HEEL FAN 2X

& Right heel out to side
1 Right toe crosses front
& Right heel out to side
2 Right foot touches out to the side
&3&4 Right heel fans (out-in-out-in)

SIDE, CROSS, UNWIND, BOUNCE 3XS

&5 Hop to right foot, Left foot crosses over right
&6 (½ turn clockwise) to unwind feet end apart facing opposite wall
7&8 Lift heels 3Xs to bounce booty (Right-Center-Left, can also be a smoother roll as a variation, skipping the bounces)

L HEEL, TOE, HEEL, TOUCH, HEEL FAN 2X

& Left heel out to side
9 Left toe crosses front
& Left heel out to side
10 Left foot touches out to the side
&11&12 Left heel fans (out-in-out-in)

SIDE, CROSS, UNWIND, BOUNCE 3XS

****note this portion always turns right whether starting section A facing front or back**

&13 Hop to right foot, Left foot crosses over right
&14 (½ turn clockwise) to unwind feet end apart facing opposite wall
15&16 Lift heels 3Xs to bounce booty (Right-Center-Left, can also be a smoother roll as a variation, skipping the bounces)

ROCK RECOVERS – FORWARD CROSS, BACK OPEN, FROWARD CROSS, BACK OPEN, FORWARD CROSS, OPEN SIDE

17,18 Right rock crossing over Left to 11 o'clock diagonal, step Left in Place
19,20 Right rock open back to 5 o'clock diagonal, step Left in Place
21& (double time) Right rock crossing over Left to 11 o'clock diagonal, step Left in Place
22& (double time) Right rock open back to 5 o'clock diagonal (but pop up to Left heel open), step Left in Place
23& (double time) Right rock crossing over Left to 11 o'clock diagonal, step Left in Place
24 Step Right out to Right side open

ROCK RECOVERS – FORWARD CROSS, BACK OPEN, FROWARD CROSS, BACK OPEN, FORWARD CROSS, OPEN SIDE

25,26 Left rock crossing over Right to 1 o'clock diagonal, step Right in Place
27,28 Left rock open back to 7 o'clock diagonal, step Right in Place
29& (double time) Left rock crossing over Right to 1 o'clock diagonal, step Right in Place

- 30& (double time) Left rock open back to 7 o'clock diagonal (but pop up to Right heel open), step Right in Place
- 31& (double time) Left rock crossing over Left to 1 o'clock diagonal, step Right in Place
- 32 Step Left out to Left side open

PART B

SLAP KNEE, SLAP FOOT, SLAP SHIN, SHIN, KNEE, RELEASE

- & (left hand to slap knee) Right knee comes up
- 1 Step right foot side
- & (right hand to slap sole) Left foot kicks behind right leg to slap sole of your boot
- 2 Step Left foot side
- &3 Balancing on left leg, Right Leg comes up bent (knee out first-slap left hand to inside of calf, then knee in-slap right hand to outside of calf)
- & Square right knee to 90 degree angle (place both hands on top of one another on top of knee)
- 4 (Hands press release) R leg kicks down to floor (right side)

DROP, POP UP, HIPS R, HIPS L

- 5 Squat center (to the floor if mobility allows, *slight dip for anyone with knee, hip, back, or ankle issues)
- 6 Pop up feet apart to recover
- &7 Slight dip, hips sit Right
- &8 Slight dip, hips sit Left

TRAVELING VINE RIGHT, SIDE HEEL

- &9 Step Right foot side, Left step crosses front
- &10 Step Right foot side, Left step crosses back
- &11 Step Right foot side, Left step crosses front
- & Step Right foot side
- 12 Left heel to open side

TRAVELING VINE LEFT, SIDE, CROSS, UNWIND

- &13 Step Left foot side, Right foot crosses front
- &14 Step Left foot to side, Right foot crosses back
- &15 Step Left foot to side, Right foot over front
- &16 Weight starts in the Left foot (½ turn counterclockwise) to unwind feet end apart facing opposite wall

***Modified Variation for anyone with mobility issues**

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