

Underdog

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Phrased Intermediate
編舞者: Sheila Pfaff (USA) - January 2020
音樂: Underdog - Alicia Keys : (iTunes, Spotify)



Intro: 16 counts. Approx. 90 bpm

Sequence: A, B, A, B, A, B, A, B, B, A, B, B, B

Part A, 32 Counts

[1-8] BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, COASTER STEP, LOCK STEP

1&2& Step R back (1), touch L toe in front (&), Step L back (2), touch R toe in front (&)

3&4& Step R back (3), touch L toe in front (&), Step L back (4), touch R toe in front (&)

Optional styling: Bend knees slightly on the back steps, straighten on the toe touches. Also, twist heel center on forward foot while touching toe.

5&6 Step R back (5), step L next to R (&), step R forward (6)

7&8 Step L forward (7), Lock R behind L (&), Step L forward (8)

[9-16] ROCKING CHAIR, STEP, 1/4 TURN L, CROSS, WEAVE, ROCK, RECOVER, CROSS

1&2& Rock R forward (1), recover weight L (&), rock R back (2), recover weight L (&)

3&4 Step R forward (3), make 1/4 turn left recover weight L {9:00} (&), cross L over R (4)

5&6& Step L to left side (5), step R behind L (&), step L to left side (6), step R across L (&)

7&8 Rock L to left side (7), recover weight R (&), cross L over R (8)

[17-24] SIDE, TOGETHER, BACK, SIDE, TOGETHER, 1/4 TURN L, ROCK, 1/2 TURN R, SHUFFLE 1/2 TURN R

1&2 Step R to right side (1), step L beside R (&), step R back (2)

3&4 Step L to left side (3), step R beside L (&), make 1/4 turn left stepping L forward {6:00} (4)

5&6 Rock R forward (5), recover weight L (&), make 1/2 turn right stepping R forward {12:00} (6)

7&8 Make 1/4 turn right stepping L to left side {3:00} (7), step R beside L (&), make 1/4 turn right stepping L back {6:00} (8)

[25-32] COASTER STEP, SCUFF, STEP, SCUFF, STEP, SCUFF, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, SIDE STEP

1&2& Step R back (1), step L next to R (&), step R forward (2), scuff L (&)

3&4& Step L forward (3), scuff R (&), step R forward (4), scuff L (&)

5&6& Rock L to left side (5), recover weight R (&), cross L over R (6), rock R to right side (&)

7&8 Recover weight L (7), cross R over L (&), step L to left side (8)

Part B, 16 Counts

[1-8] R SAMBA STEP (BOTA FOGA), TURNING L SAMBA STEP (BOTA FOGA), SAILOR STEP, TURNING SAILOR STEP

1&2 Step R slightly forward & across L (1), rock L ball to left side (&), recover weight R (2)

3&4 Step L slightly forward & across R (3), make 1/4 turn left rocking R ball to right side {3:00} (&)
recover weight L (4)

5&6 Cross R behind L (5), step L next to R (&), step R to right side (6)

7&8 Cross L behind R (7), make 1/4 turn left stepping R next to L {12:00} (&), step L to left side (8)

[9-16] KICK & KICK & BIG STEP FORWARD, STEP TOGETHER, 1/4 TURNING JAZZ BOX

1&2& Low kick R forward (1), step R next to L (&), low kick L forward (2), step L next to R (&)

3,4 Big step R forward (3), step L next to R (4)

5-8 Cross R over L (5), make 1/4 turn right stepping L back {3:00} (6), step R to R side (7), step L next to R (8)

Contact: sheilapfaff1509@gmail.com
