

Disco Babes From Outer Space

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Bonita Malone (USA) - November 2020
音樂: Disco Babes from Outer Space - Disco Babes from Outer Space



#16 count introduction - NO TAGS, NO RESTARTS

(1 - 8) SIDE, TOUCH BACK, SIDE, TOUCH BACK, VINE, KICK CROSS FRT

1,2 Step R side (1), touch L crossed behind R (2)
Optional arms - hands punch out to low "v" (1), hands punch to cross low in front of body (2)
3,4 Step L side (3), touch R crossed behind L (4)
Optional arms - hands punch out to low "v" (3), hands punch to cross low in front of body (4)
5,6 Step R side (5), step L cross behind (6)
7,8 Step R side (7), kick L cross frt (8)

(9 - 16) ¼ TURN L SHUFFLE, SHUFFLE ½ TURN, COASTER STEP, PIVOT ¼ TURN

1&2 Step L ¼ turn (1), step R next to L (&) step L (2) [9:00]
3&4 ½ turn step back on R (3), step L next to R (&), step back on R (4) [3:00]
5&6 Step back on L (5), step R next to L (&), step L fwd (6)
7,8 Step R forward (7), pivot ¼ turn to L (8) [12:00]

(17 - 24) POINT CROSS FRT, POINT SIDE, STEP CROSS, SIDE, SAILOR STEP, STEP CROSS, SIDE

1,2 Point R cross frt (1), point R side (2)
Optional arms - L arm punches up (1), R arm punches up/left arm down (2)
3,4 Step R cross frt (3), step L side (4)
Optional clap - on count 4
5&6 Step R behind (5), step L slightly side (&), step R side (6) [12:00]
7,8 Step L cross frt (7), step R side (8) [12:00]

(25 - 32) KICK, CROSS, POINT, KICK, CROSS, POINT, CLOSE, SWIVEL, SWIVEL, COASTER STEP

1&2 Kick L (1), step L cross frt (&), point R side (2)
Optional arms - hands punch crossed low in front (1), hands punch to low "v" (2)
3&4 Kick R (3), step R cross frt (&), point L side (4)
Optional arms - hands punch crossed low in front (3), hands punch to low "v" (4)
5&6 Close L next to R (5), swivel both heels R (&), swivel both heels L (6) finish with weight on L [1:30]
7&8 Step R back (7), step L next to R (&), step R fwd (8) [1:30]

(33-40) ROCK FWD, RECOVER , COASTER STEP, PIVOT ½ TURN, PIVOT ½ TURN

1,2 Rock fwd L (1), recover R (2)
3&4 Step L back (3), step R next to L (&), step L fwd (4)
5,6 Step R fwd to 1:30 (5), pivot ½ turn to L (6) [7:30]
7,8 Step R fwd to 7:30 (7), pivot ½ turn to L (8) [1:30]

(41-48) STEP SIDE, TAP, STEP SIDE, CLOSE, STEP SIDE, TAP, STEP SIDE, CLOSE

1,2 Step R side[squaring up to face 12:00] (1), tap L to L front diagonal (2)
Optional arms - R arm wraps around in front of body as L arm goes behind body (2)
3,4 Step L side (3), close R next to L (4)
Optional arms - hands roll in front of body (3,4)
5,6 Step L side (5), tap R to R front diagonal (6)
Optional arms - L arm wraps around in front of body as R arm goes behind body (6)
7,8 Step R side (7), close L next to R (8) [12:00]
Optional arms - hands roll in front of body (7,8)

(49-56) V STEP, SIDE CHASSE', SAILOR ¼ TURN

1,2 Step R out to front diagonal (1), step L out (2)

Optional arms - R hand up to high diagonal (1), L hand up to high diagonal (2)

3,4 Step R back to center (3), step L next to R (4)

Optional arms - R hand down to low diagonal (3), L hand down to low diagonal (4)

5&6 R side chasse' (5&6)

7&8 Sailor ¼ turn (LRL) (7&8) [9:00]

(57-64) V STEP, SIDE CHASSE', SAILOR ¼ TURN

1,2 Step R out to front diagonal (1), step L out (2)

Optional clap (2)

3,4 Step R back to center (3), step L next to R (4)

Optional clap (4)

5&6 R side chasse' (5&6)

7&8 Sailor ¼ turn (LRL) (7&8) [6:00]

**Don't let arm movements overwhelm you! They are certainly OPTIONAL!
My dancers added arm movements after they knew the dance steps.**

Hope to see you on the dance floor!
