

Surf's Up

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Aurora de Jong (USA) - July 2021
音樂: Surfin' U.S.A. - The Beach Boys



Intro: 8 counts

HEEL TOE SWIVEL TO THE RIGHT (Ramble), KICK L, KICK R

1,2,3,4 With equal weight move heels to the right (1), move toes right (2), move heels right (3), move toes right (4)
5,6,7,8 Kick L forward (5), Replace L next to R (6), Kick R forward (7), Replace R to L (8)

HEEL TOE SWIVEL TO THE LEFT (Ramble), KICK R, KICK L

1,2,3,4 With equal weight move heels to the left (1), move toes left (2), move heels left (3), move toes left (4)
5,6,7,8 Kick R forward (5), Replace R to L (6), Kick L forward (7), Replace L to R (8)

SURFBOARD SHIMMIES TO THE RIGHT: ¼ TURN LEFT, LOOKING RIGHT

1-2 R foot big step to right while turning body ¼ left, bending your knees for a shimmy, but continue looking toward 12:00, and holding both arms out to your sides - like riding a surfboard -

although I've never actually ridden a surfboard) (1) (9:00), hold (2)

3-4 Bring L to R and straighten knees (3) hold (4)
5-6 R foot big step to right (5), bending knees to shimmy (6)
7-8 Bring L to R and straighten knees (7) hold (8)

SURFBOARD SHIMMIES TO THE LEFT, LOOKING LEFT

1,2 L foot big step to left, looking left to 6:00, bending knees to shimmy (1), hold (2)
3, 4 Bring R to L (3), hold (4)
5,6 L foot big step to left, looking left, bending knees to shimmy (5), hold (6)
7, 8 Bring R to L (7), hold (8)

RIGHT SCISSOR STEP WITH ¼ TURN LEFT, WEAWE LEFT

1-4 Step RF to right , turning ¼ left (1) (6:00), step L to R (2), cross R over L (3), hold (4)
5-8 Step L to left (5), step R behind L (6), step L to left (7), cross R over L (8)

LEFT SCISSOR STEP, WEAWE RIGHT WITH ¼ TURN RIGHT

1-4 Step L to left (1), bring R to L (2), cross L over R (3), hold (4)
5-8 Step R to right (5), cross L behind R (6), step R forward turning ¼ right (7), step L forward (8)(9:00)

SURFING PIVOTS R AND L

1-4 Step RF forward (1), swivel heels (and as much of your lower body as you can!) to right (2), swivel heels back to left (3), return R foot to L (4)
5-8 Step LF forward (5), swivel heels to left (and as much of your lower body as you can!) (6), swivel heels back to right (7), return L foot (8)

CHASE TURN, MODIFIED CHASE TURN

1-4 Step R forward (1), pivot ½ left (2), step R forward (3), hold (4)
5-8 Step L forward (5), pivot ½ right (6), stomp L next to R (7), stomp R (8)

