

Countdown Here We Go

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 2 級數: Low Intermediate
編舞者: Becky Hawthorne (USA) - October 2022
音樂: Roller Coaster - Bon Jovi



Intro: 16 counts. Vocals start one half beat after dance starts. No tags, no restarts

Section 1: 1/4 PIVOT X 2, SHUFFLE X 2

1, 2, 3, 4 Step RF fwd, Pivot 1/4 to L (9:00), Step RF fwd, Pivot 1/4 to L (6:00)
5 & 6 Step forward on RF, Close LF behind RF, Step forward on RF
7 & 8 Step forward on LF, Close RF behind RF, Step forward on LF

Section 2: 1/4 PIVOT X 2, FWD MAMBO, BACK MAMBO

1, 2, 3, 4 Step RF fwd, Pivot 1/4 to L (3:00), Step RF fwd, Pivot 1/4 to L (12:00)
5 & 6 Rock RF fwd, Recover back to LF, Step RF next to LF
7 & 8 Rock LF back, Recover fwd to RF, Step LF next to RF

Section 3: STEP, TOUCH X 4

1, 2, 3, 4 Step RF to R, Touch LF next to RF, Step LF to L, Touch RF next to LF
5, 6, 7, 8 Step RF to R, Touch LF next to RF, Step LF to L, Touch RF next to LF

Section 4: DIAGONAL STEP, DRAG/TOUCH X 4

1, 2 RF big step to R fwd diagonal, LF drag and touch next to RF
3, 4 LF big step to L fwd diagonal, RF drag and touch next to LF
5, 6, 7, 8 Repeat counts 1-4

Section 5: 1/8 DOROTHY, DOROTHY (REPEAT)

1, 2& 1/8 Step RF fwd to R diagonal (1:30), Cross LF behind RF, Step RF to R diagonal
3, 4& Step LF fwd to L diagonal, Cross RF behind LF, Step LF to L diagonal
5, 6& 1/8 Step RF fwd to R diagonal (3:00), Cross LF behind RF, Step RF to R diagonal
7, 8& Step LF fwd to L diagonal, Cross RF behind LF, Step LF to L diagonal

Section 6: 4 SHUFFLES IN 3/4 CIRCLE

1 & 2 1/4 Step forward on RF (6:00), Close LF behind RF, 1/8 Step forward on RF (7:30)
3 & 4 Step forward on LF, 1/8 Close RF behind RF (9:00), Step forward on LF
5 & 6 1/4 Step forward on RF (12:00), Close LF behind RF, Step forward on RF
7 & 8 Step forward on LF, Close RF behind RF, Step forward on LF

Section 7: 1/2 PIVOT, RUN X 4, VOLTAS IN 3/4 CIRCLE

1, 2 Step RF fwd, Pivot 1/2 turn L transferring weight to LF (6:00)
3 & 4 & Run R, L, R, L
5 & 6 & 1/4 Step RF fwd (9:00), Step L ball next to RF, 1/8 Step RF fwd (10:30), Step L ball next to RF
7 & 8 1/8 Step RF fwd (12:00), Step L ball next to RF, 1/4 Step RF fwd (3:00)

Section 8: 1/2 VOLTA X 2, 1/4 SHUFFLE, HITCH, CROSS, 1/4 BACK, SIDE

1 & 2 1/4 Step LF fwd (12:00), Step R ball next to LF, 1/4 Step LF fwd (9:00)
3 & 4 1/4 Step RF fwd (12:00), Step L ball next to RF, 1/4 Step LF fwd (3:00)
5 & 6 & 1/4 Step forward on LF (12:00), Close RF behind LF, Step forward on LF, Hitch R
7 & 8 Cross RF over L, 1/4 Step LF back (3:00), Step RF to R side

Section 9: SHUFFLE, HITCH, CROSS, 1/4 BACK, SIDE, CROSS, VOLTAS IN FULL CIRCLE

1 & 2 & Step LF fwd, Close RF behind LF, Step LF fwd, Hitch R

- 3 & 4 & Cross RF over L, 1/4 Step LF back (6:00), Step RF to R side, Cross LF over R
5 & 1/4 Step RF fwd (9:00), Step LF ball next to RF
6 & 1/4 Step RF fwd (12:00), Step LF ball next to RF
7 & 8 & 1/4 Step RF fwd (3:00), Step LF ball next to RF, 1/4 Step RF fwd (6:00)

Section 10: SHUFFLE, SCUFF, SYNCOPATED STEP/SIDE ROCKS

- 1 & 2 & Step forward on LF, Close RF behind LF, Step forward on LF, Scuff RF
3 & 4 & Step RF fwd, Rock LF to L side, Recover RF, Step LF fwd
5 & 6 & Rock RF to R side, Recover LF, Step RF fwd, Rock LF to L side
7 & 8 & Recover RF, Step LF fwd, Rock RF to R side, Recover LF

Positioning/styling notes

Section 1: Start dance at midpoint of available space. Use the shuffles to position yourself at the back.

Section 3: The step/touches may be in place or move slightly forward, space permitting.

Section 4: The diagonal step/drag should take you to the front of your available space.

Section 6: Alignment of shuffles need not be precise, make a 3/4 circle back to 12:00.

Section 7: Optional--up on balls of both feet for count 1, drop on count 2. Run may traverse the entire space.

Alignment on voltas need not be precise--make 3/4 circle to 3:00, aiming for midpoint of space.

Section 9: Make the voltas in full circle very tight, like a corkscrew. Optional--keep knees slightly bent.

Section 10: Focus more on the side-to-side movement of the syncopated step/side rocks, with some forward progression.

Suggested ending: After three complete walls, song ends during Wall 4 after Section 2. Do 1/2 pivots instead of 1/4 pivots in Section 2 to end facing 12:00.

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