

Parties Over Sleep

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Deana Julia (USA) & Lynn Luccisano (USA) - December 2022
音樂: High Heels (Whistle While You Twerk) - Flo Rida, Walker Hayes & secs on the beach



Start the dance after 16 counts

*1st restart on wall 5 after 20 counts

**2nd restart on wall 8 after 16 counts

Both walls start @ 12:00 and you will restart @ 6:00

Section 1 - R STOMP FWD, CLAP, ¼ L STOMP L, CLAP 2X, R FWD, L TOUCH, L BACK, R TOUCH

1-2 Stomp R fwd, touch L & clap,
3&4 Turning ¼ L stomp L, touch R & clap 2x (9:00)
5-6 Step R fwd, touch L next to R,
7-8 Step L back, touch R next to L

Section 2 - VINE R, TURN 1/4 L, 1/2 L, 1/2 SHUFFLE L = (1-1/4 TURN)

1-2 Step R to R side, step L behind R
3-4 Step R to R side, touch L next to R
5-6 Step L ¼ turn L, making ½ turn L stepping back on the R (12:00)
7&8 Step L ¼ turn L, step R next to L, step L fwd 1/4 turn (shuffle) (6:00)

(**2nd RESTART HERE on wall 8)

Section 3 - R TOE STRUT, L TOE STRUT, R HEEL SWIVEL STEP, L HEEL SWIVEL STEP

1-2 Touch R toe fwd, drop R heel
3-4 Touch L toe fwd, drop L heel
(*1st RESTART HERE on wall 5)
5-6 Touch R heel fwd, swivel toes R & step down (think heel strut) (6:00)
7-8 Touch L heel fwd, swivel toes L & step down

Section 4 - R ROCKING CHAIR, PIVOT ½ TURN L, PIVOT 1/4 TURN L

1-2 Rock R fwd, recover on L
3-4 Rock R back, recover on L
5-6 Step R fwd, pivot ½ turn L taking weight on L (12:00)
7-8 Step R fwd, pivot ¼ turn L taking weight on L (9:00)