

My Tribe

COPPER KNOB
STEPPERS

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: Heather Joffer (USA) & Brenda Dorsey (USA) - February 2023
音樂: My Tribe - Blessing Offor



Won 1st place in Phrased Division at Fort Wayne Dance For All

Phrasing: AA BB AB CC BB

Intro: 8 Counts

Part A: 32c

[1-8] Stomp, Stomp, R Swivel, L Swivel, R Swivel, R Swivel, Hold, Ball Step

- 1,2 Stomp R slightly forward (1) Stomp L next to R (2) Note: Stomps should be no more than hip width apart
- 3&4& Twist R heel to L, turning R knee outward (3) Return R heel back home (&) Twist L heel to R, turning L knee outward (4) Return L heel home (&)
- 5&6 Twist R heel to R, turning R knee outward (5) Return R Heel back Home (&) Twist R heel to R, turning R knee outward (6)
- 7&8 Hold (7) Quickly Step R to L (&) Step L to L (8) [12:00]

[9-17] Cross, ¼ L Turn, Step, ½ L Pivot Turn, ¼ L Turn, Behind Side Cross & Heel & Cross

- 1,2 Cross R over L (1) Turn ¼ L stepping forward on L (2) [9:00]
- 3,4 Step R forward (3) ½ pivot turn L, taking the weight on L (4) [3:00]
- 5 Turn ¼ L turn stepping R to R (5)
- 6&7 Cross L behind R (6) Step R to R (&) Cross L over R (7) [12:00]
- &8&1 Step R to R (&) Set L heel to L diagonal (8) Step L next to R (&) Cross R over L (1)

Note: This is the beginning of the 3rd 8 count section

[18-25] Knee Pop, Point, Behind, Side, Behind, Side, Cross, &, Heel

- &2 Lift both heels, bending knees (&) Set both heels down, taking weight on L (2)
- 3,4 Point R to R (3) Cross R behind L (4)
- 5,6,7 Step L to L (5) Cross R behind L (6) Step L to L (7)
- 8&1 Cross L over R (8) Step R Heel to L (&) Touch R heel to R (1) [12:00]

[26-32] Hold, Ball, Cross, Hold, Ball, Cross, Step, Coaster Step

- 2 Hold (2)
- &3,4 Step R next to L (&) Cross L over R (3) Hold (4)
- &5,6 Step R to R (&) Cross L over R (5) Step R to R (6)
- 7&8 Step L Back (7) Step R next to L (&) Step forward on L (8) [12:00]

Part B: 32c

[1-8] Pony Step Back, Pony Step Back, Pony Step Back, ¼ L Sailor Turn

- 1&2 Step R Back, while popping L knee up (1) Step L next to R (&) Step R back, popping L knee up (2)
- 3&4 Step L Back, while popping R knee up (3) Step R next to L (&) Step L back, popping R knee up (4)
- 5&6 Step R Back, while popping L knee up (5) Step L next to R (&) Step R back, popping L knee up (6)
- 7&8 Sweep/Step L behind R (7) Turn ¼ L, stepping R to R (&) [9:00] Step L next to R (8) [9:00]

[9-16] Walk, Walk, Step, ½ L Pivot Turn, Triple ½ L, Triple ½ L Turn

- 1,2 Step R forward (1) Step L forward (2)

- 3,4 Step R forward (3) ½ pivot turn L, taking the weight on L (4) [3:00]
 5&6 Turn ¼ L turn stepping R to R (5) [12:00] Step L next to R (&) Turn ¼ L, stepping back on R (6) [9:00]
 7&8 Turn ¼ L stepping L to L (7) [6:00] Step R next to L (&) Turn ¼ L, stepping L forward (8) [3:00]

[17-24] Jazz Box with a Cross, Rock Recover, Behind, ¼ L Turn, Step

- 1,2 Cross R over L (1) Step back on L (2)
 3,4 Step R to R (3) Cross L over R (4)
 5,6 Rock R to R (5) Recover on L (6)
 7&8 Cross R behind L (7) Turn ¼ L stepping L forward (&) [12:00] Step R forward (8) [12:00]

[25-32] Step, Hold, Ball, Step, Hold, Jazz Box ½ R Turn

- 1,2 Step L forward (1), Hold (2)
 &3,4 Step R next to L (&) Step L forward (3) Hold (4)
 5,6 Cross R over L (5) Turn ¼ R stepping back on L (6) [3:00]
 7,8 Turn ¼ R stepping forward on R (7) [6:00] Step L next to R (8) [6:00]

Part C: 32c

[1-8] Walk to R Diagonal R, L, R Kick L, Back, Back, Coaster Step

- 1,2 Walk to 1:30 diagonal stepping forward R (1) Walk forward L (2)
 3,4 Walk forward R (3) Kick L forward (4)
 5,6 Step back on L (5) Step back on R (6)
 7&8 Centering body to 12:00, Step back on L (7) Step R quickly next to L (&) Step L forward (8) [12:00]

[9-16] Walk to L Diagonal L, R, L Kick R, Back, Back, Coaster Step

- 1,2 Walk to 10:30 diagonal stepping forward R (1) Walk forward L (2)
 3,4 Walk forward R (3) Kick L forward (4)
 5,6 Step back on L (5) Step back on R (6)
 7&8 Centering body to 12:00, Step back on L (7) Step R quickly next to L (&) Step L forward (8) [12:00]

[17-24] Point R, Hold, Point L, Hold, Point & Point & Kick Ball Step

- 1,2& Point R to R (1) Hold (2) Step R quickly next to L (&)
 3,4& Point L to L (3) Hold (4) Step L quickly next to R (&)
 5&6& Point R to Right (5) Step R quickly next to L (&) Point L to L (6) Step L quickly next to R (&)
 7&8 Kick R forward (7) Step R quickly next to L (&) Step L forward (8) [12:00]

[25-32] Rock, Recover, Shuffle ½ R Turn, V-Step

- 1,2 Rock forward on R (1) Recover back on L (2)
 3&4 Turn ¼ R stepping R to R (3) [3:00] Step L next to R (&) Turn ¼ R stepping forward on R (4) [6:00]
 5,6 Step L to L diagonal (5) Step R to R diagonal (6)
 7,8 Step L back to home (7) Touch R next to L (8) [6:00]

Choreographers: Heather Joffer – hjoffer@msn.com & Brenda Dorsey - bkccows@gmail.com

Last Update: 7 Mar 2023
