

Just Poison

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Linda Burgess (AUS) - February 2024
音樂: Training Season - Dua Lipa



INTRO: 16 COUNTS

[1-8] SIDE/ROCK, RECOVER, BEHIND, SIDE, CROSS, TOUCHES X 4

1,2,3&4 Rock/step R to R, recover weight to L, cross/step R behind L, step L to L, cross/step R over L
5,6,7,8 Touch L to L side, touch L toe behind R, touch L toe to L side, touch L toe behind R

[9-16] SIDE/ROCK, RECOVER, CROSS/SHUFFLE, ¼, ½, PIVOT ¼

1,2,3&4 Rock/step L to L, recover weight to R, cross/step L over R, step R to R, cross/step L over R
5,6,7,8 Turn ¼ L & step back R, turn ½ L & step fwd L, step fwd R, pivot ¼ turn L

[17-24] CROSS, SIDE, BEHIND, SIDE, CROSS, STEP, TOUCH, SIDE, TOUCH, SIDE, TOUCH

1,2,3&4 Cross/step R over L, step L to L, cross/step R behind L, step L to L, cross/step R over L
5,6 & 7&8 Step L to L, touch R beside L, step R to R, touch L beside R, step L to L, touch R beside L

[25-32] PIVOT ½, WALK, WALK, TOE STRUTS FWD WITH HIP STYLING

1,2,3,4 Step fwd R, pivot ½ turn L, step fwd R, step fwd L
5,6,7,8 Touch R toe fwd with R hip raised, lower heel, touch L toe fwd with L hip raised, lower heel
(these toe/heels move fwd and feel free to roll hips to R & L)

[33-40] CROSS, BACK, SIDE SHUFFLE, TOUCHES X 4

1,2,3&4 Cross/step R over L, step back L, step R to R, step L beside R, step R to R
5,6,7,8 Touch L toe across R to R45, touch L toe back to L45, touch L toe across R to R45, touch L toe back to L45

[41-48] CROSS, BACK, SIDE SHUFFLE, TOUCHES X 4

1,2,3&4 Cross/step L over R, step back R, step L to L, step R beside L, step L to L
5,6,7,8 Touch R toe across L to L45, touch R to back to R45, touch R toe across L to L45, touch R toe beside L

[49-56] FULL TURN R, TOUCH, FULL TURN L, SCUFF FWD

1,2,3,4 Turn ¼ R & step fwd R, turn ½ R & step back L, turn ¼ R & step R to R, touch L beside R
5,6,7,8 Turn ¼ L & step fwd L, turn ½ L & step back R, turn ¼ L & step L to L, scuff R fwd

[57-64] JAZZ BOX CROSS, 4 KNEE POPS

1,2,3,4 Cross/step R over L, step back L, step R to R, cross/step L over R
5,6,7,8 Step R to R & pop L knee, rock to L & pop R knee, rock to R & pop L knee, rock to L & pop R knee (styling- with a rocking motion & use arms of choice)

Begin again!

Tags: End of wall 1 & 2. 16 counts

1,2,3,4 R rocking chair
5,6,7,8 Pivot ½ turn L, 2 walks fwd

9-16 Repeat first 8 counts of Tag

Restart: Wall 5 (12.00). Dance counts 1-56. Omit the scuff on count 56, touch R beside L & Restart (6.00)

Ending: Dance counts 1-64, take a big step to R & drag L (R arm up high & L arm out to side) (1).

