

Polly Pocket

COPPERKNOB
STEPSHEETS

拍數: 80 牆數: 0 級數: Phrased Low Advanced
編舞者: Fabian Müller (CH) - August 2023
音樂: Better Do It - RaeLynn



Description Intro 16c, Part A 16c, Part B 16c, Part C 16c, Part D 32c
Intro - A - B - C - D - Intro - A - C - D - D16c - Intro - C - D - Intro - Intro

Intro

Sect 1 MAMBO STEP, MAMBO BACK, ¼ ROCK TURN, RECOVER, ¼ TURN, SIDE MAMBO STEP

1 & 2 Rock step forward R – Recover L – Step back R
3 & 4 Rock step back L – Recover R – Step forward L
5 & 6 ¼ Turn right and rock forward R – Recover L – ¼ Turn right and step side R
7 & 8 Side rock step L – Recover R – Step L next to R

Sect 2 MAMBO STEP, MAMBO BACK, ¼ ROCK TURN, RECOVER, ¼ TURN WITH TOUCH, SIDE MAMBO STEP

1 & 2 Rock step forward R – Recover L – Step back R
3 & 4 Rock step back L – Recover R – Step forward L
5 & 6 ¼ Turn right and rock forward R – Recover L – ¼ Turn right and touch R next to R
7 & 8 Side rock step R – Recover L – Touch R next to L

Part A

Sect 1 HITCH, SLIDE, STOMP UP, HITCH, HEEL, HITCH, HEEL, HITCH, SLIDE, STOMP UP, HITCH, HEEL, TOE, HEEL TURN

&1 – 2 Hitch R – Big side step R with slide L towards R – Stomp up L
&3 & 4 Hitch L – Heel forward L – Hitch R – Heel forward R
&5 – 6 Hitch L – Big side step L with slide R towards L – Stomp up R
&7 & 8 Hitch R – Heel forward R – Toe back L – ½ Turn left and heel forward L

Sect 2 HITCH, SLIDE, STOMP UP, HITCH, HEEL, HITCH, HEEL, HITCH, SLIDE, STOMP UP, HITCH, HEEL, TOE, HEEL TURN, HITCH

&1 – 2 Hitch R – Big side step R with slide L towards R – Stomp up L
&3 & 4 Hitch L – Heel forward L – Hitch R – Heel forward R
&5 – 6 Hitch L – Big side step L with slide R towards L – Stomp up R
&7 & 8& Hitch R – Heel forward R – Toe back L – ½ Turn left and heel forward L – Hitch R

Part B

Sect 1 SLIDE, BEHINDE, SIDE, VAUDEVILLE, CROSS, COASTER STEP, STOMP

1 – 2 & Big side step R with slide L towards R – Cross L behind R – Side step R
3 & 4 & Cross L in front of R – Side step R – Heel diagonal forward L – Slightly step back on L
5 – 6 & Cross R in front of L – Step back L – Step R next to L
7 – 8 Step forward L – Full stomp forward R

Sect 2 SHUFFLE, HEEL, TOGETHER, HEEL, TOGETHER, ROCK STEP, RECOVER, ½ TURN, HEEL, TOGETHER, HEEL, FLICK

1 & 2 Step forward L – Close R behind L – Step forward L
&3 & 4 Heel forward R – Step R next to L – Heel forward L – Step L next to R
5 & 6 Rock forward R – Recover on L – ½ Turn right and step forward R
&7 & 8 Heel forward L – Step L next to R – Heel forward R – Flick R behind L

Part C

Sect 1 SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, ¼ ROCK TURN, RECOVER, ¼

TURN, FLICK & SLAP, STOMP, SWIVEL

- 1 & 2 Side rock step R – Recover L – Cross R in front of L
- 3 & 4 Side rock step L – Recover R – Cross L in front of R
- 5 & 6 & ¼ Turn right and rock step forward R – Recover L – ¼ Turn right and side step R – Flick L to left and slap with left hand
- 7 & 8 Stomp up L next to R – Swivel L heel to left – Swivel L heel back to center

Sect 2 OUT, OUT, IN, STOMP UP, STOMP, STOMP UP, SWIVEL 4X

- 1 & 2 & Step diagonal forward R – Step to side L – Step back R – Stomp up L next to R
- 3 & 4 Stomp diagonal forward L – Stomp up R to side – Hold
- 5 & 6 & Swivel R heel to left – Swivel R heel back to center – Swivel L heel to right – Swivel L heel back to center
- 7 & 8 & Swivel R heel to left – Swivel R heel back to center – Swivel L heel to right – Swivel L heel back to center

Part D

Sect 1 POLLY POCKET

- 1 & 2 & R heel diagonal forward to left and jump back L – Jump on R and hitch L (Back to center) – L heel diagonal forward to right and jump back R – Jump on L and hitch R (Back to center)
- 3 & 4 & R heel diagonal forward to left and jump back L – Jump on R and flick L behind R (diagonal) – R heel diagonal forward to left and jump back L – Jump on R and hitch L (Back to center)
- 5 & 6 & L heel diagonal forward to right and jump back R – Jump on L and hitch R (Back to center) – R heel diagonal forward to left and jump back L – Jump on R and hitch L (Back to center)
- 7 & 8 & L heel diagonal forward to right and jump back R – Jump on L and flick R behind L (diagonal) – L heel diagonal forward to right and jump back R – Jump on L and hitch R (Back to center)

Sect 2 WEAVE, SIDE STEP, STOMP UP 2x, WEAVE, SIDE STEP, STOMP UP 2x

- 1 & 2 & Side step R – Cross L behind R – Side Step R – Cross L in front of R
- 3 & 4 Side step R – Stomp up L next to R – Stomp up L next to R
- 5 & 6 & Side step L – Cross R behind L – Side Step L – Cross R in front of L
- 7 & 8 Side step L – Stomp up R next to L – Stomp up R next to L

Restart when D16c. Start directly with Intro!

Sect 3 KICK, CROSS, SIDE ROCK, RECOVER, KICK, CROSS, SLIDE, KICK, CROSS, SIDE ROCK, RECOVER, KICK, CROSS, SLIDE

- 1 & 2 & Kick R forward – Cross R in front of L – Side rock step L – Recover R
- 3 & 4 Kick L forward – Cross L in front of R – Big side step R and slide L towards R
- 5 & 6 & Kick L forward – Cross L in front of R – Side rock step R – Recover L
- 7 & 8 Kick R forward – Cross R in front of L – Big side step L and slide R towards L

Sect 4 MAMBO STEP, COASTER STEP, ROCK STEP, RECOVER, ½ TURN, ½ STEP TURN, STEP

- 1 & 2 Rock forward R – Recover L – Step back R
 - 3 & 4 Step back L – Step R next to L – Step forward L
 - 5 & 6 Rock forward R – Recover L – ½ turn right and step forward R
 - 7 & 8 Step forward L – ½ turn right and put weight on R – Step forward L
-