

Lunch

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: High Intermediate / Advanced
編舞者: Zoe Hawkins-Wells (USA) - August 2024
音樂: LUNCH - Billie Eilish



No Tags / No Restarts
Intro: 8 Counts; @3sec

CROSS, POINT, CROSS, POINT, HEEL GRIND 1/4 TURN, ROCK BACK

1,2 Cross L over R, point RF to side,
3,4 Cross R over L, point LF to side
5,6,7,8 Rock fwd on the L heel with the toes pointed to the right (5). Recover on the RF as you turn the L toes to the left and turn 1/4 left (6) (facing 9:00); Rock LF back (7); Recover on RF (8)

SHUFFLE, ROCK, WALK BACK RLRL WITH CLAPS (optional TWO FULL SPINS)

1&2,3,4 Step LF fwd (1), close RF next to LF (&), Step LF fwd (2); Rock forward on R (3), Recover back to L (4) (facing 9:00)
5,6,7,8 Step RLRL, moving backwards (moving towards 3:00 but facing 9:00); *Clap thighs or hands* (&,8)

Optional spins (step and spin in direction of 3:00): Turn 1/2 right and Step RF fwd toward 3:00; Step LF fwd and rotate on both feet to face 9:00; Turn 1/2 right as you step RF fwd toward 3:00; Step LF fwd and rotate on both feet to face 9:00

ROCK, ROCK, STEP, TOUCH, SHUFFLE BACK

1-4 Rock forward on R, Recover back on L; Rock forward on R, Recover back on L
5,6,7&8 Rock forward on R, Touch LF next to RF; Step L behind, step R together, step L behind (facing 9:00)

STEP R 1/4 TURN, TOUCH, POINT SIDE & STEP TOGETHER, KICK BALL CHANGE, KICK BALL TOE

1,2,3,4,5&6,7&8 Step side on R with 1/4 turn to R (face 12:00), touch L next to R; point and touch L to left side; bring L to R and transfer weight into LF; Cross kick (twd 10:30) RF over L, Step R on ball of foot beside L, Step L beside R; Cross kick RF over L, Step R beside L; Cross L toe over R F, with knee rotated outward

SPIN TO UNWIND, SMALL STEP FWD WITH KNEE POP x 4

1-4 Place weight into L ball of foot and unwind, making full turn to right, ending naturally with weight in LF and RF slightly in front
5-8 Shift weight into R heel as L knee pops (5); Step fwd slightly into LF as R knee pops (6); Step fwd slightly into RF as L knee pops (7); Shift weight into LF as R knee pops (8)

HEELS LEFT, SYNCOPATED RAMBLE, HEEL/TOE SPLIT

&1&2&3&4,5,6,7&8 Lift slightly into balls of both feet (&); Swivel both heels to left and lower heels, bend knees (1), slightly straighten knees (&) and bend them (2) (ie bounce); Swivel both heels to right, lower heels, bend knees and bounce (3&4); Swivel both toes to the right (5), Swivel both heels to the right (6), Swivel both toes to the right (7); Shift weight onto left heel and R toes and swivel L toes and R heel so knees face 10:30 (&); Swivel toes to face fwd, dropping toes and heel to floor (8) (12:00)

BACK SLIDE, COASTER, HITCH, HITCH 1/4 TURN

1,2,3&4,5,6,7,8 Step R back (1), drag L to R (2); Step back L (3), Step R next to the LF (&), Step fwd L (4); Lift R knee (5), Step R fwd (6); Lift L knee and turn 1/4 right (7); Step L fwd with toes flexed back (8) (3:00)

1/4 PIVOT, 1/4 PIVOT, 1/2 PIVOT, 1/2 PIVOT, HITCH

1-8

Step R fwd (1); Turn 1/4 left and shift weight to L (2), face 12:00; Step R fwd (3) and turn 1/4 left and shift weight to L (4), face 9:00; Step R fwd (5), Pivot turn 1/2 left, shifting weight to L (6), face 3:00; Step R fwd (7); Pivot turn 1/2 left *keeping weigh on RF*; Raise L knee into hitch (8) (facing 9:00 start again)
