

Catchin' Feelings On The Dance Floor

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Frederick Hodgkin (USA) - 17 November 2024
音樂: Tension - Fergie



#16 count intro. 1 Restart on Wall 5. No Tags.

[1-8] Slow Walk x2, Quick Walk, Pivot ½ Turn, Ball-Cross

1,2 Slowly Walk Forward R (12:00)
3,4 Slowly Walk Forward L (12:00)
5,6 Step Forward R, Step Forward L and Pivot ½ to R (6:00)
7&8 Step Forward on R, Ball L, Cross R Over L (6:00)

[9-16] Monterrey Turn ¼, Monterrey Turn ½, Behind, Side, Behind, Side, Behind (w/ Chest Pops), Out, Out

1,2 Step Forward L, Turn ¼ L and Point R to Side (3:00)
3,4 Step R to Side, Turn ½ R and Point L to Side (9:00)
5&6& Cross L Behind R, Step R to Side and Pop Chest Out, Repeat Both Steps (9:00)
7&8 Cross L Behind R, Step R Out, Step L Out (9:00)

[17-24] Arms Out-Out-In, Body Roll, Back-Touch x3, Hook, Point

&1,2 Reach R Arm Out, Reach L Arm Out, Place Both Hands on Neck (9:00)
3,4 Body Roll in Place, Shift Weight to R (9:00)
&5&6 Step Back L, Touch R to L, Step Back R, Touch L to R (9:00)
&7&8 Step Back L, Touch R to L, Hook R (w/ toe pointed), Point R to Side (9:00)

[25-32] 1 ¼ Turn w/ Heel Dig, Continuous Back Locksteps, ½ Turn w/ Hook

1,2 Step R to Side and Turn ¼ R, Step L and Continue Turn ½ R (6:00)
3,4 Heel Dig R while Turning ½ R, Step Back L (12:00)
5&6& Step R Back, Back Lock L, Step R Back, Back Lock L (12:00)
7&8 Step R Back, Hook L w/ ½ Turn L, Step L Forward (6:00)

Restart on Wall 5 after 32 counts.

[33-40] Rock, Sweep, Behind, Side, Cross, Rock, Recover, Cross-Behind, Collect, Cross ¼ Turn

1,2 Rock R Forward, Recover L while Sweeping R Front to Back (6:00)
3&4 Step R Behind L, Step L to Side, Cross R Over L (6:00)
5,6 Side Rock L, Recover R (6:00)
7&8 Cross L Behind R, Collect R to L, Cross L Over R w/ ¼ turn R (9:00)

[41-48] Pivot ½ Turn, Lockstep Back ½ Turn, Side Points x2, Ball-Step w/ Knee Out-In-Out,

1,2 Step Forward R and Pivot ½ to L, Step Forward L (3:00)
3&4 R Back Lock Step w/ ½ Turn L (9:00)
&5&6 Ball L, Point R to Side, Ball R, Point L to Side (9:00)
&7&8 Ball L, Step R Toe w/ Knee Flared Out, Bring Knee In, Bring Knee Out (9:00)

[49-56] 1 ¼ Turn, Circle Weave, Hold, ¼ Turn Ball-Collect

1,2 Step R to Side and turn ¼ R, Step L and Continue Turning ½ R (6:00)
3&4 Turn another ½ R and Step Forward R, Step L to Side, Cross R Behind (12:00)
5&6 Continue Weave, Turning ¼ R over 3 steps: Back L, R to Side, Cross L Over R (3:00)
&8 Hold Count 7, Step R Ball to Side w/ ¼ Turn L, Collect L to R w/ prep (12:00)

[57-64] Full Turn, ½ Hitch Turn, Rock, Recover, Kick-Ball-Behind

1,2 Step Forward R and Turn ½ R, Step Back L and Turn ½ R (12:00)
3,4 Step Forward R and Hitch L while Turning ½ R (6:00)

5,6 Rock L Forward, Recover R (6:00)

7&8 Kick L Forward (w/ toe pointed), Step L Ball, Point R Behind L* (6:00)

***Note: While pointing R Behind L, place L Arm Out to Side, and R Arm Directly Up. Snap on count 8.**

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