

T's Jam

COPPER KNOB
BY STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Trish Womack - December 2024
音樂: Teddy's Jam - Guy



I believe soul line dances are usually learned by watching people dance it and memorizing the steps, how they fit the music, and making strong muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music. The dance starts when the singers start saying "Jam".

START AT 12:00 STEPS, WALK TURNS

1 2 Making a quarter turn to left step on right foot facing 9:00 holding for 2 counts
3 4 Walk on left, step on right making half turn to left to face 3:00
5 6 7 8 Step on left for 2 counts, step on right, half turn to face 9:00

REPEAT STEPS 1-8 ENDING WITH QUARTER TURN TO FACE 12:00

SAILOR STEPS

1&2 3&4 Right sailor step, left sailor step
5&6 7&8 Repeat steps 1-4 above

BACK ROCKS (IN/OUT), SAILOR STEPS

1 2 3&4 Rock right foot back, recover, right sailor step
5 6 7&8 Rock left foot back, recover, left sailor step

PONY STEPS, FRONT KICKS

1&2 3&4 Step right foot up, step back on left then right, repeat starting with left foot
5 6 7 8 Bouncing on left kick right foot front, repeat on right, repeat on left, repeat on right

CHA CHA HALF TURN, QUARTER TURN

1&2 3 4 Triple step forward on right, step on left making half turn right, step on right to face 6:00
5&6 7 8 Triple step forward on left, step on right making quarter turn left, step on left to face 3:00

SAILOR STEPS, CHA CHA HALF TURN, QUARTER TURN

1&2 3&4 Right sailor step, left sailor step at 3:00
5&6 7 8 Triple step forward right, left, right, step on left half turn right face 9:00 step on right

CHA CHA QUARTER TURN LEFT, SAILOR STEPS

1&2 3 4 Triple step forward left, right, left, step on right face quarter turn left face 6:00 step on left
5&6, 7&8 Right sailor step, left sailor step at 6:00, start quarter turn to left to restart dance

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