

# Strictly Footwork (Cardio)

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 1      級數: Advanced  
編舞者: Robert Sykes (USA) & John Woodhouse (USA) - April 2025  
音樂: Let de Beat Ride - Dj Booman



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical 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.

## PART 1: 16 COUNTS

### KICK BALL BACK STEP, KICK BALL POINT, TOES IN, HEELS OUT, RIGHT, TAP OUT

1&2&      Kick right foot, step on ball of right foot, point left foot back recover on left  
3&4      Kick left, step on ball of left, point right  
5&6&      Rotate right toes in/left toes in, then rotate both feet heels in  
7&8      Kick right foot, step on ball of right foot, touch left foot next to left with toe pointing down

### DRIVING THE TWISTING, PIMP WALK, SAILOR STEPS

1&2 3&4      Twist left foot, step back on left with pimp (bounce) walk  
5&6 7&8      Right sailor step, left sailor step leaving right foot to side

## PART 2: 16 COUNTS

### CROSS OUT TURN (PIVOT QUARTER RIGHT TURN), RIGHT COASTER KICK, LEFT STEP BACK, HITCH KNEE, BACK

1 2 3      Point/cross right foot over left in front, to the side then pivot to make quarter turn right  
4&5      Right coaster step/kick  
6&7      Recover on right, step back on left, hitch left knee on 7  
8&      Step on left making quarter turn left

### COASTER KICK, KICK, KICK, HEEL TAP/STOMP, POINT BACK, UP, BACK

1&2&3&      Left coaster ending with kick left, recover on left, kick right, recover right,  
4 5      Step/stomp on left heel forward, point left foot back  
6&7      Kick left foot forward, recover on left, point right foot back  
8&      Right foot forward, right foot back

## PART 3: 16 COUNTS

### BACK TAPS, KICK BALL POINT BACK/SIDE PAUSE, IN OUT AND KICK AND CROSS

1&2      Tap and lift right foot in back twice  
3&4      Right kick ball change: kick right, step on right, place left foot back/side hold  
&6&      Quick step left next to right, point right to side, bring right in  
&7 8      Kick left, ball left, cross right over left

### SAILOR, KICK AND CROSS, AND CROSS, AND KICK AND STEP UP/STOMP

&1&2&3      Step on left, right sailor step ending with right foot kick, recover on right, cross left over right hold  
&5      Quick step on right, cross left  
&7&8      Step on right, kick left, recover on left, step up/stomp on right

## PART 4: 16 COUNTS

### FORWARD MOVING PONY TAPS WITH DABS

1&2&3&4&      Step/tap left/right, repeat repeat repeat  
5&6&7&8&      Repeat above

**STYLE NOTE:** Watch demo for arms styling: point arms out to right for 1&, to left for 3&, down to right 5&.

**down to left 7&**

**MONTEREY HALF LEFT TURNS**

1 2                Right foot out to side, bring it in  
3 4                Left foot out to side, left foot in while making pivot half turn left  
5 6 7 8            Repeat steps 1 to 4 to return to front

**REPEAT ENTIRE DANCE AND HAVE FUN!**

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