

Kind Of Worried

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Maria Rask (SWE)
音樂: The Worrying Kind - The Ark



Sequence: AA, BB, Tag 1, A, Tag 2, ABB, Tag 1, AA, Tag 2, Tag 2, Tag 2, Finish

SECTION A

RIGHT CHASSE KICK BALL CROSS LEFT CHASSE KICK BALL CROSS

1&2 Right chasse
3&4 Kick left forward, step down on left, cross right over left (slight on left diagonal)
5&6 Left chasse
7&8 Kick right forward, step down on right, cross left over right (slight on right diagonal)

BOOGIE WALKS MONTEREY ½ TURN RIGHT

1-2 Step forward on right- towards right diagonal, step forward on left -towards left diagonal
3-4 Repeat step 1-2

Shimmy hands as you "boogie" forward

5-6 Point right out to right side, turn 1/2 right and step right beside left
7-8 Point left out to left side, step left beside right

JAZZ BOX ¼ TURN RIGHT WINE ¼ LEFT

1-2-3-4 Cross right over left, turn ¼ right and step back on left, step right to right side, touch left beside right
5-6-7-8 Step left to left side, cross right behind left, turn ¼ left and step forward on left, step right beside left

TWIST HEELS MASHED POTATOES STEPS BACKWARDS

1-2 Twist both heels to right and back to center
3-4 Twist both heels to right and back to center
&5&6 Turn booth heels out, step back on right - turn left heel in, both heels out, step back on left- turn right heel in
&7&8 Repeat steps &5&6

SECTION B

LEFT SIDE STRUT, CROSS STRUT BACK SIDE CROSS STRUT

1-2 Left toes to left side-drop heel, snap fingers
3-4 Cross right toes over left-drop heel, snap fingers
5-6 Step back on left, step right to right side
7-8 Cross left toes over right-drop heel, snap fingers

RIGHT SIDE STRUT CROSS STRUT BACK SIDE CROSS STRUT

1-2 Right toes to right side-drop heel, snap fingers
3-4 Cross left toes over right-drop heel, snap fingers
5-6 Step back on right, step left to left side
7-8 Cross right toes over left-drop heel, snap fingers

ROCK/RECOVER HEEL TURN STEP STEP, ROCK/RECOVER HEEL TURN STEP TOUCH

1-2 Rock forward on left-recover
& Turn ½ turn left on right heel
3-4 Step forward on left, step forward on right
5-6 Rock forward on left-recover

& Turn ½ turn left on right heel
7-8 Step forward on left, touch right beside left

MONTEREY ½ RIGHT, JAZZ BOX

1-2-3-4 Point right to right side, turn ½ right, point left out to left side, step left together with right
5-6-7-8 Cross right over left step back on left, step right to right side step left together with right

TAG 1

JUMP OUT FORWARD CLAP JUMP IN BACK CLAP RIGHT SIDE TOE STRUT LEFT SIDE TOE STRUT

&1-2 Jump out forward-with right before left, clap hands
&3-4 Jump in back -with right before left, clap hands
5-6 Right toe to right side- drop heel
7-8 Left toe to left side-drop heel

HEELS TOES HEELS KICK

1-2-3 Turn both heels in, turn toes in, turn heels in, kick right foot forward

TAG 2

SIDE FLICK SIDE FLICK

1-2 Step right to right side, flick left behind right ("shape of a 4")
3-4 Step left to left side, flick right behind left ("shape of a 4")

FINISH

1 Step right out to right side, right arm in the air
