

Lightning Does The Work

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Advanced
編舞者: John Robinson (USA)
音樂: Lightning Does the Work - Chad Brock



Sequence: AB, AB, CC, BA. Part C is simply a repeat of the last 32 counts of part A

PART A

BACKWARD TOE STRUTS (RIGHT THEN LEFT), SYNCOPATED KICKS RIGHT & LEFT, & RIGHT TOUCH, IN/OUT/IN (REPEAT)

1-2 Right toe touch back, right step down/snap fingers
3-4 Left toe touch back, left toe step down/snap fingers
5&6& Right kick forward, right step next to left, left kick forward, left step next to right
7&8 Right toe tap next to left, right toe tap side right, right toe tap next to left
1-8 Repeat previous 8 counts as described above

RIGHT SIDE, LEFT CROSS, & RIGHT SIDE, LEFT BEHIND, & RIGHT SIDE, LEFT HEEL & LEFT STEP BACK, RIGHT CROSS, LEFT STEP ¼ TURN LEFT, LEFT TOUCH/HITCH TURNING ¼ LEFT/TOUCH

1-2 Right side step, left step across right
&3&4 Right side step, left step across behind right, right side step, left heel tap forward
&5-6 Step left back, right step across left, left step ¼ turn left
7&8 Right touch out, hitch right knee pivoting ¼ left on left foot, right touch out

WALK RIGHT, LEFT, SAILOR STEP, LEFT STEP BACK, RIGHT TOUCH BACK, PIVOT ¼ RIGHT, RIGHT KICK

1-2 Step right forward, step left forward
3&4 Right step across behind left on ball of foot, left step slightly side left, right step side right
5-6 Step left back, right touch back
7-8 Keeping weight over left foot pivot ¼ right, right kick forward

RIGHT SIDE, LEFT CROSS, & RIGHT SIDE, LEFT BEHIND, & RIGHT SIDE, LEFT HEEL & LEFT STEP BACK, RIGHT CROSS, LEFT STEP ¼ TURN LEFT, LEFT TOUCH/HITCH TURNING ¼ LEFT/TOUCH

1-2 Right side step, left step across right
&3&4 Right side step, left step across behind right, right side step, left heel tap forward
&5-6 Step left back, right step across left, left step ¼ turn left
7&8 Right touch out, hitch right knee pivoting ¼ left on left foot, right touch out

WALK RIGHT, LEFT, SAILOR STEP, LEFT STEP BACK, RIGHT TOUCH BACK, PIVOT ¼ RIGHT, RIGHT KICK

1-2 Step right forward, step left forward
3&4 Right step across behind left on ball of foot, left step slightly side left, right step side right
5-6 Step left back, right touch back
7-8 Keeping weight over left foot pivot ¼ right, right kick forward

PART B

RIGHT STOMP, LEFT TOE & RIGHT HEEL & LEFT TOUCH, LEFT STOMP, RIGHT TOE & LEFT HEEL & RIGHT TOUCH

1-2 Right stomp forward, left toe tap next to right
&3&4 Left step slightly back, right heel tap forward, right step home, left toe tap next to right
5-6 Left stomp forward, right toe tap next to left
&7&8 Right step slightly back, left heel tap forward, left step home, right toe tap next to left

TOUCH BACK, ½ REVERSE PIVOT RIGHT, LEFT STOMP FORWARD, CLAP 2X, RIGHT STEP FORWARD, PIVOT ½ LEFT, RIGHT STOMP FORWARD, CLAP 2X

- 1-2 Right toe touch back, pivot ½ right shifting weight forward onto right
3&4 Left stomp forward, clap hands twice
5-6 Right toe touch forward, pivot ½ left shifting weight forward onto left
7&8 Right stomp forward, clap hands twice

LEFT CROSS, UNWIND ½, SHAKE HIPS RIGHT-LEFT-RIGHT (REPEAT)

- 1-2 Left cross over right, unwind ½ turn right
3&4 Bump hips right right/left/right ending with weight on right
5-6 Left cross over right, unwind ½ turn right
7&8 Bump hips right right/left/right ending with weight on right

ROCK FORWARD & BACK & FULL TURN HOPS, WALK RIGHT, LEFT

- 1&2& Left rock forward ball of foot, right step in place, left rock back ball of foot, right step in place
3&4 Step left forward, with right knee raised left hop turning ½ left, left hop turning ½ left

On the hopping steps (counts &4) travel forward while making a full turn left.

Easier option: simply hop forward twice with right knee raised

- 5-6 Step right forward, step left forward

RIGHT SIDE SHUFFLE STOMPS, LEFT STOMP, LEFT KICK, LEFT SIDE SHUFFLE STOMPS, RIGHT STOMP, RIGHT KICK

- 1&2 Right stomp side right, left stomp next to right, right stomp side right
3-4 Left stomp up next to right, left kick forward
5&6 Left stomp side left, right stomp next to left, left stomp side left
7-8 Right stomp up next to left, right kick forward

PART C

RIGHT SIDE, LEFT CROSS, & RIGHT SIDE, LEFT BEHIND, & RIGHT SIDE, LEFT HEEL & LEFT STEP BACK, RIGHT CROSS, LEFT STEP ¼ TURN LEFT, LEFT TOUCH/HITCH TURNING ¼ LEFT/TOUCH

- 1-2 Right side step, left step across right
&3&4 Right side step, left step across behind left, right side step, left heel tap forward
&5-6 Step left back, right step across left, left step ¼ turn left
7&8 Right touch out, hitch right knee pivoting ¼ left on left foot, right touch out

WALK RIGHT, LEFT, SAILOR STEP, LEFT STEP BACK, RIGHT TOUCH BACK, PIVOT ¼ RIGHT, RIGHT KICK

- 1-2 Step right forward, step left forward
3&4 Right step across behind left on ball of foot, left step slightly side left, right step side right
5-6 Step left back, right touch back
7-8 Keeping weight over left foot pivot ¼ right, right kick forward

RIGHT SIDE, LEFT CROSS, & RIGHT SIDE, LEFT BEHIND, & RIGHT SIDE, LEFT HEEL & LEFT STEP BACK, RIGHT CROSS, LEFT STEP ¼ TURN LEFT, LEFT TOUCH/HITCH TURNING ¼ LEFT/TOUCH

- 1-2 Right side step, left step across right
&3&4 Right side step, left step across behind left, right side step, left heel tap forward
&5-6 Step left back, right step across left, left step ¼ turn left
7&8 Right touch out, hitch right knee pivoting ¼ left on left foot, right touch out

WALK RIGHT, LEFT, SAILOR STEP, LEFT STEP BACK, RIGHT TOUCH BACK, PIVOT ¼ RIGHT, RIGHT KICK

- 1-2 Step right forward, step left forward
3&4 Right step across behind left on ball of foot, left step slightly side left, right step side right
5-6 Step left back, right touch back
7-8 Keeping weight over left foot pivot ¼ right, right kick forward

Hit the final notes of the song with a right stomp and hold.
