

Lightnin' Strikes

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Beginner
編舞者: Debbie Hogg (UK) & Vicki Hogg
音樂: Lightnin' Strikes A Good Man - Lacy J. Dalton



SHUFFLE & TOE HEEL STEPS TRAVELING BACKWARDS

1&2 Right shuffle back (right, left, right)
3-4 Touch left toe to right instep, touch left heel to right instep
5&6 Left shuffle back (left, right, left)
7-8 Touch right toe to left instep, touch right heel to left instep

SHUFFLES FORWARD, ROCK FORWARD, TRIPLE STEP WITH ½ TURN RIGHT

1&2 Right shuffle forward (right, left, right)
3&4 Left shuffle forward (left, right, left)
5-6 Rock forward onto right foot. Rock back onto left foot
7&8 Triple step (right, left, right) making ½ turn to right

GRAPEVINE LEFT, HIP BUMPS

1-4 Step left foot to left side, cross step right foot behind left, step left foot to left side, step right foot beside left

Finish with feet apart

5-8 Four hip bumps (right, left, right, left)

GRAPEVINE RIGHT, HIP BUMPS

1-4 Step right foot to right side, cross step left foot behind right, step right foot to right side, step left foot beside right

Finish with feet apart

5-8 Four hip bumps (left, right, left, right) weight finishes on right foot

½ PIVOT, ¼ PIVOT, WALKS FORWARD X3, KICK

1-2 Step left foot forward, pivot ½ turn to right
3-4 Step left foot forward, pivot ¼ turn to right
5-8 Walks forward x3 (left, right, left), kick right foot forward

JUMP BACK (RIGHT, LEFT), KNEE POPS

&1 Jump back onto right foot, jump back onto left foot (feet apart)
2 Hold
3-4 Pop right knee forward, hold
5-8 Knee pops x4 (left, right, left, right)

REPEAT
