

Lucky #13

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michael G. McKenzie
音樂: It's All About Feeling Good - Paula Abdul



WALK FORWARD RIGHT, LEFT; RIGHT TOUCH; STEP RIGHT WITH LEFT KNEE POP (&LEFT DIAGONAL) ; SLIDE LEFT BACKWARD ON DIAGONAL, BENDING RIGHT KNEE, OPTIONAL ARM MOVEMENTS; ½ TURN LEFT ON DIAGONAL; RIGHT TOUCH; RIGHT KICK FORWARD

- 1-2 Walk forward right, left
- 3 Touch right next to left
- &4 Step right next to left, popping left knee toward left diagonal
- 5 Slide left backward on diagonal while bending right knee, bring right forearm with clinched fist in front of chest and parallel to floor

Easy: touch left toe behind right without bending knee, optional arm movement

- 6 On ball of left make ½ turn left (on diagonal), transferring weight to left and straightening bent knee
- 7-8 Tap right next to left; low right kick forward

STEP ON RIGHT; ½ RIGHT TURN ON DIAGONAL WITH LOW LEFT HITCH; LEFT TOE STRUT; TAP RIGHT NEXT TO LEFT; LARGE STEP RIGHT; DRAG AND STEP LEFT BEHIND RIGHT; HOLD

- 1 Step on right
- 2 On ball of right make ½ turn right (on diagonal) with low left hitch
- 3-4 Left toe strut
- &5 Tap right next to left; take large step right squaring up to 9:00 wall
- 6 Drag left behind right, stepping on left
- 7-8 Cross right over left; hold

STEP TO LEFT; CROSS RIGHT OVER LEFT; HOLD (CLAP); LEFT TOE STRUT WITH ¼ TURN; RIGHT TOE STRUT; LEFT TOE STRUT WITH ½ TURN LEFT

- &1-2 Step slightly to left; cross right over left; clap (hold)
- 3-4 Left toe strut, making ¼ turn left
- 5-6 Right toe strut forward
- 7-8 Left toe strut, making ½ turn left

Variation: replace toe struts with hip bumps whenever you feel like it

RIGHT FORWARD ON DIAGONAL; TOUCH LEFT BEHIND RIGHT; RIGHT BESIDE LEFT; LEFT FORWARD ON DIAGONAL; TOUCH RIGHT; RIGHT - LEFT HEEL SWITCHES; STEP LEFT; RIGHT TOUCH; RIGHT KNEEL ROLL WITH ¼ TURN

- 1-2 Step forward on right diagonal; touch left behind right
- &3-4 Step right next to left; step forward on left diagonal; touch right next to left
- 5&6 Touch right heel forward; step right next to left; touch left heel forward
- &7 Step left next to right; touch right next to left
- 8 Roll right knee outward, making ¼ turn right

Keep weight on left and start again

REPEAT