

M&J 2 Dance (L/P)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Beginner line/partner dance
編舞者: Michael Scoggins (USA) & Jeanne Scoggins (USA)
音樂: Steppin' Out - Scooter Lee



STEP SLIDE, SIDE SHUFFLE, ¼ TURN ROCK STEP, SHUFFLE ½ TURN

- 1 **MAN:** Step left foot to left side
 LADY: Step right foot to right side
- 2 **MAN:** Slide right foot beside left foot
 LADY: Slide left foot beside right foot
- 3 **MAN:** Step left foot to left side
 LADY: Step right foot to right side
- & **MAN:** Step right foot beside left foot
 LADY: Step left foot beside right foot
- 4 **MAN:** Step left foot to left side
 LADY: Step right foot to right side
- 5 **MAN:** Pivot ¼ turn left step forward right
 LADY: Pivot ¼ turn right step forward left
- 6 **MAN:** Rock back on right foot
 LADY: Rock back on left foot
- 7 **MAN:** Step right foot ¼ turn to right
 LADY: Step left foot ¼ turn to left
- & **MAN:** Step left foot beside right foot
 LADY: Step right foot beside left foot
- 8 **MAN:** Step right foot ¼ turn to right
 LADY: Step left foot ¼ turn to left

½ TURN, SHUFFLE, ½ TURN, SHUFFLE ¼ TURN

- 1 **MAN:** Step left foot forward
 LADY: Step right foot forward
- 2 **MAN:** Turn ½ turn to right weight to right
 LADY: Turn ½ turn to left weight to right
- 3 **MAN:** Step left foot forward
 LADY: Step right foot forward
- & **MAN:** Step right foot beside right
 LADY: Step left foot beside left
- 4 **MAN:** Step left foot forward
 LADY: Step right foot forward
- 5 **MAN:** Step right foot forward
 LADY: Step left foot forward
- 6 **MAN:** Turn ½ turn to left weight to left
 LADY: Turn ½ turn to right weight to right
- 7 **MAN:** Step ¼ turn left on right foot
 LADY: Step ¼ turn right on left foot
- & **MAN:** Step left foot beside right
 LADY: Step right foot beside left
- 8 **MAN:** Step right foot beside left
 LADY: Step left foot beside right

WALK, WALK, WALK, TOUCH

- 1 **MAN:** Step left foot forward

2 **LADY:** Step right foot backward
 MAN: Step right foot forward
3 **LADY:** Step left foot backward
 MAN: Step left foot forward
4 **LADY:** Step right foot backward
 MAN: Touch right foot beside right
 LADY: Touch left foot beside right
5 **MAN:** Step right foot backward
 LADY: Step left foot forward
6 **MAN:** Step left foot backward
 LADY: Step right foot forward
7 **MAN:** Step right foot backward
 LADY: Step left foot forward
8 **MAN:** Touch left toe beside right
 LADY: Touch right toe beside left

BUMP, BUMP, ROLL, ROLL

1 **MAN:** Bump hips left
 LADY: Bump hips right
2 **MAN:** Bump hips left
 LADY: Bump hips right
3 **MAN:** Bump hips right
 LADY: Bump hips left
4 **MAN:** Bump hips right
 LADY: Bump hips left
5 **MAN:** Bending knees roll hips left
 LADY: Bending knees roll hips right
6 **MAN:** Bending knees roll hips right
 LADY: Bending knees roll hips left
7 **MAN:** Bending knees roll hips left
 LADY: Bending knees roll hips right
8 **MAN:** Bending knees roll hips right
 LADY: Bending knees roll hips left

REPEAT

For mixer, change last four steps:

STEP BACK AND FORWARD & ROLLING VINE

5 **MAN:** Step back on left foot
 LADY: Step ¼ turn right on right foot
6 **MAN:** Step back on right foot
 LADY: Step ¼ turn right on left foot
7 **MAN:** Step forward on left foot
 LADY: Spin ½ turn right on right foot
8 **MAN:** Step forward on right foot
 LADY: Step left foot beside right foot

For line dance everybody starts on right foot
