

Maximum Overdrive

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate/Advanced
編舞者: Jo Everhart (USA)
音樂: Maximum Overdrive - 2 Unlimited



CROSS KICK, KNEE, KNEE

- 1 Kick right foot crossing in front of left
- 2 Step right foot to right about shoulder width from left foot
- 3 Bend left knee in toward right knee (as knee is bent arms will cross in an x position across chest with hands in fist position)
- 4 (As you return left knee to straight position) bend right knee in toward left knee (arms go down to sides)

TOE SWIVEL, HEEL SWIVEL, HEEL SWIVEL, TOE SWIVEL

- 5 Swivel right toe to right
- 6 Swivel right heel to right
- 7 Swivel right heel to left
- 8 Swivel right toe to left

SAILOR STEP, TOE TOUCH, HEEL

- 9&10 Step right foot behind left foot, step left foot to left, step right foot to right
- 11 Touch left toe (slightly turned in toward right foot) next to right foot
- 12 Touch left heel forward

STEP, PIVOT, STEP, PIVOT

- 13 Lower left toe as you step onto left foot
- 14 Pivot 2 wall to right and step on right foot
- 15-16 Step forward on left foot and pivot 2 wall to right, and step on right foot

LEFT VINE, TOE TOUCH

- 17-20 Step left foot to left, step right foot behind left, step left foot to left, touch right toe out to right side

ROLLING RIGHT VINE, TOUCH

- 21-24 Step right foot to right turning 2 wall to right, step on left foot turning 2 wall to right as you step on right foot, touch left toe out to left side

SYNCOPATED STEP-STEP, PULL

- &25 Step left foot next to right foot and step right foot to right
- For style: as your feet move to right you will be only moving from the waist down, the upper 2 part of your body will remain at original position, arms will go out to right as if grabbing hold of a rope in a tug of war, as if pulling on a rope shift the top half of your body to right (to align over bottom half of your body)**
- 26 Shifting weight to right foot

SYNCOPATED STEP-STEP, PULL

- &27 Step left foot next to right foot and step right foot to right
- For style: as your feet move to right you will be only moving from the waist down, the upper 2 part of your body will remain at original position, arms will go out to right as if grabbing hold of a rope in a tug of war, as if pulling on a rope shift the top half of your body to right (to align over bottom half of your body)**
- 28 Shifting weight to right foot

TOE, TURN, SYNCOPATED TOE IN-IN, OUT, OUT

- 29 Place left toe behind right heel

30 Turn 2 wall to the left as you shift weight to left foot
&31 Step to home position on ball of right foot, step to home position on ball of left foot
&32 Step out on right foot to right, step shoulder width apart to left on left foot

REPEAT

For all music except "Maximum Overdrive" the dance uses only original 32 counts. For "Maximum Overdrive" the dance uses alternate 4 counts after second & eighth rotations

ALTERNATE 4 COUNTS FOR MAXIMUM OVERDRIVE MUSIC

After second & eighth rotation only

TOE TOUCH, STEP, TOE TOUCH STEP

1 Touch right toe next to left foot
2 Step right foot to right
3 Touch left toe next to right foot
4 Step left foot to left shoulder width from right foot
