

Memphis Fried Chicken

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Vicki E. Rader (USA)
音樂: Memphis Women & Chicken - T. Graham Brown



STEP, CROSS & CROSS, ROCK-STEP, CROSS & CROSS, STEP

1 Step left on left
2&3 Cross shuffle left (right over left)
4-5 Rock to left on left; rock to right on right
6&7 Cross shuffle right (left over right)
8 Step right on right

TOUCH, KICK & CROSS (KICK-BALL-CROSS), STEP, TOUCH, KICK & CROSS (KICK-BALL-CROSS), ½ TURN (UNWIND)

9 Touch left toe across right
10&11 Kick left forward and step left next to right; step right across left
12 Step left on left
13 Touch right toe across left
14&15 Kick right forward and step right next to left; step left across right
16 Turn ½ right (to the right) to unwind (now facing rear wall or 6:00)

ROLL HIPS, HEEL SWITCHES, STEP FORWARD, STEP TOGETHER

17-20 Roll hips right, left, right, left
21& Touch right heel forward and step right in place
22& Touch left heel forward and step left in place
23-24 Step forward on right foot; step left foot next to right

STEP, HEEL-BALL-CHANGE, STEP, TOUCH, HEEL-BALL-CHANGE, TOUCH

25 Step forward on right foot
26&27 Touch left heel forward and step back on ball of left; step forward on right
28-29 Step forward on left; touch right foot next to left
30&31 Touch right heel forward and step back on ball of right; step forward on left
32 Touch right next to left

¾ BACKWARD TURN (TO THE RIGHT), ROLL HIPS

33-34 Step back ½ turn to the right on right foot; step left forward
35-36 Step ¼ turn right on right; step left together
37-40 Roll hips left, right, left, right

STEP, SHUFFLE, ROCK-STEP, SHUFFLE BACK, STEP BACK, HITCH/CLAP

41 Step forward on right
42&43 Shuffle forward left-right-left
44-45 Rock forward on right; step back on left
46&-47 Shuffle back right-left-right
48 Hitch left knee/clap hands

REPEAT
