

Minsta Motståndets Lag

COPPERKNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate
編舞者: María Lippe (SWE)
音樂: Inget Stoppar Oss Nu - BlackJack



Sequence: TAG, AAB, CC, C(1-16), TAG, AAB, CA, AC

PART A

STOMP, ¾ STEP TURN, CHASSÉ, ROCK STEP

- 1 Stomp right foot
- 2 Hold
- 3 Step left foot forward
- 4 Make a ¾ turn right stepping onto right foot
- 5&6 Left chassé
- 7-8 Right foot rock step behind left foot; recover

KICKS, SAILOR TURN, SHUFFLE, ROCK STEP

- 9 Kick right foot to the front
- 10 Kick right foot to the side
- 11 Cross right foot behind left foot
- & Turn ¼ right stepping left foot back
- 12 Step right foot beside left foot
- 13&14 Left shuffle forward
- 15-16 Rock step right foot forward; recover

LOCK STEP, ROCK STEP, ½ STEP TURN

- 17 Step right foot back
- 18 Lock left foot across right foot
- 19 Step right foot back
- 20 Hold
- 21-22 Rock step left foot back; recover
- 23 Step left foot forward
- 24 Make a ½ turn right stepping onto right foot

CHASSÉ, ROCK STEP, DWIGHT YOUKAM-STEPS, KICK

- 25&26 Left chassé
- 27-28 Rock step right foot behind left foot; recover
- 29 Touch right toe to left instep; swivel left heel to the right
- 30 Touch right heel to left instep; swivel left toes to the right
- 31 Touch right toe to left instep; swivel left heel to the right
- 32 Kick right foot diagonally forward

PART B

STOMP, TOE FAN, TOE STRUTS

- 1 Stomp right foot beside left foot
- 2-4 Fan right toes out-in-out (take weight)
- 5 Touch left toes to the front
- 6 Take weight to left foot putting the heel down
- 7 Touch right toes across left foot
- 8 Take weight to right foot putting the heel down

STEP, HEEL BOUNCES, KICK, ROCK STEP

- 9 Step left foot diagonally forward to the left
- 10 Touch right toes to the side, turning the body a little to the right
- 11-13 Bounce the heel of the right foot three times
- 14 Kick right foot diagonally forward
- 15-16 Rock step right foot straight back; recover

STOMP, KICK BALL CHANGE, STOMP, TOE STRUTS

- 17 Stomp right foot forward
- 18 Kick left foot forward
- & Step left foot beside right foot
- 19 Stomp right foot forward
- 20 Stomp left foot forward
- 21 Touch right toes back
- 22 Take weight to right foot stepping down on the heel
- 23 Touch left toes back
- 24 Take weight to left foot stepping down on the heel

CHASSÉES, ROCKING CHAIR, WALK AROUND

- 25&26 Right chassé turning $\frac{1}{4}$ right
- & Turn $\frac{1}{2}$ right on ball of right foot
- 27&28 Left chassé
- 29-30 Rock step right foot forward; recover
- 31-32 Rock step right foot back; recover
- 33-36 Walk 4 steps right-left-right-left in a $\frac{3}{4}$ circle left

PART C

CHASSÉ, ROCK STEP, SHUFFLE, $\frac{1}{2}$ STEP TURN

- 1&2 Right chassé
- 3-4 Rock left foot step behind right foot; recover
- 5&6 Left shuffle forward
- 7 Step right foot forward
- 8 Turn $\frac{1}{2}$ left stepping onto left foot

TRIPLE TURN, STEP BACK, SWEEP, HOOK

- 9&10 $\frac{1}{2}$ triple turn left stepping right-left-right
- 11 Step left foot back
- 12 Step right foot back
- 13-14 Sweep left toes around and back
- 15 Step left foot behind right foot
- 16 Hook right foot

LOCK STEP, CHASSÉ

- 17 Step right foot forward
- 18 Lock left foot behind right foot
- 19 Step right foot forward
- 20 Touch left foot beside right foot
- 21&22 Left chassé
- 23-24 Rock step right foot behind left foot; recover

SKATES, BALANCE ON HEELS

- 25 Skate right foot forward
- 26 Skate left foot forward
- 27 Skate right foot forward
- 28 Skate left foot forward

- 29 Step forward on right heel (taking weight)
- 30 Step forward on left heel (taking weight)
- 31 Step down on the whole right foot
- 32 Step down on the whole left foot

TAG

Danced after the intro and after the "half part" C

- 1 Step right foot forward
 - 2& Double clap
 - 3 Hold
 - 4 Clap
 - 5 Step left foot forward
 - 6& Double clap
 - 7 Hold
 - 8 Clap
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