

Mission Impossible

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Advanced
編舞者: Holly Susan (Boots) Groeschel (USA)
音樂: Heart's Desire - Lee Roy Parnell



SIDE-BALL-CLOSE, SIDE-BALL-CLOSE

- 1 Step to right side with right foot, lifting left knee
- & Step in original place with left foot
- 2 Step together with right foot next to left foot
- 3 Step to left side with left foot, lifting right knee
- & Step in original place with right foot
- 4 Step together with left foot next to right foot

POINT & POINT &, LOCK, FULL TURN

- 5 Point right toe to right side
- & Place right foot next to left foot
- 6 Point left toe to left side
- & Place left foot next to right foot
- 7 Sweep/lock right foot behind left foot
- 8 Pivot 1 full turn right on balls of both feet

ROGER RABBITS (BACKWARDS SWEEPS)

- & Lift right foot slightly, scoot forward on left foot
- 9 Lock/step behind left foot with right foot
- & Lift left foot slightly, scoot forward on right foot
- 10 Lock/step behind right foot with left foot
- & Lift right foot slightly, scoot forward on left foot
- 11 Lock/step behind left foot with right foot
- & Rock forward onto left foot (feet still crossed)
- 12 Rock back onto right foot

REVERSE ½ PIVOT, SCUFF-HOP/ ½ TURN, STEP

- 13 Step back with left foot
- 14 Pivot ½ turn left on ball of left foot
- 15 Scuff right heel forward and up
- & Hop ½ turn left onto right foot, lifting left knee
- 16 Step in place with left foot

RUNNING MAN

Use of arms, in a running fashion, are acceptable during vanillas

- & Transfer onto right foot
- 17 Slide left toe back
- & Pull left knee forward and up
- 18 Step down with left foot, sliding right toe backwards
- & Pull right knee forward and up
- 19 Step down with right foot, sliding left toe backwards
- & Pull left knee forward and up
- 20 Step down with left foot, sliding right toe back
- & Step together with right foot

SPLIT SWIVELS: RIGHT AND LEFT

- 21 Place weight on ball of left foot & heel of right foot, swivel right toe to right and left heel to left.
 & Swivel both feet back to center
 22 Place weight on ball of left foot & heel of right foot, swivel right toe to right and left heel to left.
 & Swivel both feet back to center
 23 Place weight on ball of right foot & heel of left foot, swivel left toe to left and right heel to right.
 & Swivel both feet back to center
 24 Place weight on ball of right foot & heel of left foot, swivel left toe to left and right heel to right.
 & Swivel both feet back to center

HEEL-DROP, SLIDE-BALL-STEP, TOGETHER

- 25 Step diagonally right with right heel and toe weight to right foot. (right foot pointed at 45 degrees.)
 & Slide instep of left foot next to heel of right foot
 26 Place ball of right foot next to left instep
 27 Step to left side with left foot
 28 Slide right foot next to left foot (right toe pointed forward.)

STOMP, TOES: UP-DOWN, SIDE, TOGETHER

- 29 Stomp (down) with right heel next to ball of left foot and right toe pointed diagonally right (45 degrees.)
 & Lift toes of both feet up and outward (heel stand)
 30 Drop toes back to original (step 29) floor locations.
 31 Touch left toe to left side
 32 Place toe of left foot next to heel of right foot

STEP BACK/ SHOULDER ROLLS, TOES; UP-DOWN

- 33 Step back slightly with right foot and roll right shoulder**
 34 Step back slightly with left foot and roll left shoulder**
 35 Step back slightly with right foot and roll right shoulder**
 & Lift toes of both feet up and outward (heel stand)
 36 Drop toes back to floor

**** Lift shoulder up, move it back, drop it down, then move it forward**

FORWARD TOE STRUTS, STEP APART

- 37 Step, forward slightly with right toe
 & Drop right heel
 38 Step forward slightly with left toe
 & Drop left heel
 39 Step, forward slightly with right toe
 & Drop right heel
 40 Step slightly apart with left foot (shoulder width)

POINT & POINT, ½ LEFT KNEE CHASE

- 41 Point right toe into left instep
 & Step in place with right foot (toe pointed forward)
 42 Point left toe into right instep
 & Start left ½ chase turn: roll left knee outward, rotating on ball of left foot
 43 Chase left knee with right knee (roll knee inward) completing ½ turn
 44 Hold with weight on right foot

KICK-BALL-CHANGE, SLOW KNEE CHASE

- 45 Kick left foot forward
 & Step in place with ball of left foot
 46 Step in place with right foot

- 47 Roll left knee outward $\frac{1}{4}$ turn (slow knee chase)
- 48 Roll right knee inward $\frac{1}{4}$ turn

REPEAT
