

Mr Mum

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Paul Snooke (AUS)
音樂: Mr. Mom - Lonestar



TOE STRUT, CROSS TOE STRUT

1-2-3-4 Touch right toe to right side, drop right heel, touch left toe in front of right, drop left heel

STEP, TOUCH, KICK BALL-CHANGE

5-6-7&8 Step right to right side, touch left together, kick left forward, step left back, step right forward

TOE STRUT, CROSS TOE STRUT

1-2-3-4 Touch left toe to left side, drop left heel, touch right toe in front of left, drop right heel

STEP, TOUCH, KICK BALL-CHANGE

5-6-7&8 Step left to left side, touch right together, kick right forward, step right back, step left forward

STEP, TOUCH, KICK BALL-CHANGE

1-2-3&4 Step right to right side, touch left together, kick left forward, step left back, step right forward

STEP, TOUCH, KICK BALL-CHANGE

5-6-7&8 Step left to left side, touch right together, kick right forward, step right back, step left forward

¼ PADDLES TWICE

1-2-3-4 Step right forward, paddle ¼ left (weight on left), step right forward, paddle ¼ left (weight on left)

STEP, TOGETHER, BOUNCE TWICE

5-6-7-8 Step right forward, step left together, bounce both heels twice

STEP, SCUFF, ½, SCUFF

1-2-3-4 Step right forward, scuff left forward, turn ½ right on ball of right foot, scuff left forward

STEP, SCUFF, ½, SCUFF

5-6-7-8 Step left forward, scuff right forward, turn ½ left on ball of left foot, scuff right forward

ROCK-REPLACE, ½, STEP

1-2-3-4 Step right forward, replace weight onto left, turning ½ right step right forward, step left forward

PIVOT, STEP, TOGETHER, BOUNCE

5-6-7-8 Pivot ½ left (weight on right), step left forward, step right together, bounce both heels

STEP, HEEL, STEP, CROSS

1-2-3-4 Step right to right side, place left heel forward, step left to left side, cross right over left

STEP, HEEL, CLAP TWICE

5-6-7-8 Step left to left side, place right heel forward, clap twice

STEP, SCUFF, HITCH, STEP

1-2-3-4 Step right forward, scuff left forward, hitch left knee, step left forward together, bounce x 3

5-6-7-8 Step right together, bounce both heels three times

REPEAT

RESTART

During wall 3 wall, dance the first 16 counts as normal then do the following

HEEL, TOGETHER, HEEL, TOGETHER

1-2-3-4 Place right heel forward, step right together, place left heel forward, step left together

Restart dance from beginning
