

Mr. Vain

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate mixed rhythm
編舞者: Paul Crawshaw (UK)
音樂: Mr. Vain - Culture Beat



SYNCOPATED HIP BUMPS, SYNCOPATED STEP LOCK STEPS

1&2 Step diagonally forward on right, bumping hips forward back forward
3&4 Step diagonally forward on left, bumping hips forward back forward
5&6 Step forward on right, lock left behind right, step forward on right
7&8 Step forward on left, lock right behind left, step forward on left

SYNCOPATED JAZZ BOX WITH POINT, CROSS SHUFFLES TO LEFT

1-2 Cross right over left, step back on left
&3-4 Step right next to left, cross left over right, point right toe to right
5&6 Cross right over left, step left to left, cross right over left
&7&8 Step left to left, cross right over left, step left to left, cross right over left

SYNCOPATED JAZZ BOX WITH POINT, CROSS SHUFFLES TO RIGHT

1-2 Cross left over right, step back on right
&3-4 Step left next to right, cross right over left, point left toe to left
5&6 Cross left over right, step right to right, cross left over right
&7&8 Step right to right, cross left over right, step right to right, cross left over right

ROCKING ROGER RABBITS

&1&2 Scoot back on left, step back on right behind left, scoot back on right, step back on left behind right
&3&4 Scoot back on left, step back on right, rock forward on left, rock back on right
&5&6 Scoot back on right, step back on left behind right, scoot back on left, step back on right behind left
&7&8 Scoot back on right, step forward on left, rock back on right, rock forward on left

½ MONTEREY TURN RIGHT, HEEL AND TOE SWITCHES

1-4 Touch right toe to right, on ball of left turn ½ right and place right next to left, touch left to left, step left next to right
5&6 Touch right heel diagonally forward, step right next to left, touch left heel diagonally forward
&7&8 Step left next to right, touch right toe behind left, place right next to right, touch left heel diagonally forward

¼ MONTEREY TURN RIGHT, HEEL AND TOE SWITCHES

&1-4 Step left next to right, touch right toe to right, on ball of left turn ¼ right and step right next to left, touch left to left, step left next to right
5&6 Touch right heel diagonally forward, step right next to left, touch left heel diagonally forward
&7&8 Step left next to right, touch right toe behind left, step right next to left, touch left heel diagonally forward

RIGHT ROCK, LEFT CROSS SHUFFLE, LEFT ROCK, RIGHT CROSS SHUFFLE

&1-2 Step left next to right, rock right to right, recover weight on left
3&4 Cross right over left, step left to left, cross right over left
5-6 Rock left to left, recover weight on right
7&8 Cross left over right, step right to right, cross left over right

½ PIVOT LEFT, FORWARD RIGHT SHUFFLE, FORWARD ROCK, TRIPLE ¾ TURN LEFT

- 1-2 Step forward on right, pivot $\frac{1}{2}$ left
- 3&4 Step forward on right, place left next to right, step forward on right
- 5-6 Rock forward on left, recover weight on to right
- 7&8 $\frac{3}{4}$ turn left, stepping left right left

REPEAT
