

Nightclub Two-Step Mixer (P)

COPPER KNOB
STEPSHEETS

拍數: 44 牆數: 0 級數: Partner
編舞者: Debbie Grimshire (CAN) & Glenn Weiss
音樂: I Cross My Heart - George Strait



Position: Couples are in closed couples position in a circle with men facing OLOD. Lady's weight is on left foot with right toe pointed to right side; man's weight is on right foot with left toe pointed to left side

LADY'S FOOTWORK

BASIC STEPS, OUTSIDE TURN

1&2 Rock right foot slightly behind left, replace weight on left, step to right with right foot

3&4 Rock left foot slightly behind right, replace weight on right, step to left with left foot

5&6 Rock right foot slightly behind left, replace weight on left, step to right with right foot

Her right arm is prepped slightly to left on 5&, and out to her right side on 6; right foot is prepped about a ¼ to her right

7&8 Step left foot slightly ahead of right, pivot on balls of both feet, turn ¾ right, step to left with left foot (outside turn)

FLIP FLOPS, TRAVEL ¼

9&10 Open ¼ to right (LOD) by stepping back on right, replace weight on left, step back on right while turning ½ left to face RLOD

11&12 Rock back on left foot, replace weight on right, step back on left while turning ½ right to face LOD

13&14 Rock back on right, replace weight on left, step to right with right foot at slight angle to left diagonal to start travel steps

Man will place his hands on sides of her waist, her hands will rest on his upper arms to begin travel

15&16 Step back on left foot turning ¼ left, cross right over left, step to left with left

His left hand will come up to return to closed couples position

TURNING TRAVEL, NECK WRAP WITH ½ TURN

17&18 Rock back on right, replace weight on left, step to right with right foot at slight angle to left diagonal to start travel with turn

He drops her left hand to start her turn

19&20 Step ¼ to left with left foot, step to right on right foot turning ¼ left, step to left with left foot turning ½ left

Hands will end up her right to his left - man facing ILOD, lady facing OLOD

21&22 Rock right foot back, replace weight on left, step forward on right foot

23&24 Walk 3 steps forward and ½ turn around man's right side while he is turning ½ to his left (left, right, left) dragging her right hand along man's right shoulder, across his upper back to his left shoulder

Lady will be facing ILOD, man facing OLOD

BOW TIE TO TANDEM

Man will present his right hand for lady's right hand to connect at his upper chest level. Left hands will be connected under right hands

25&26 Rock right foot back, replace weight on left, step forward slightly on right

Man will start to lift joined crossed arms over lady's head

27&28 Step left, right, left to turn 1 ½ to right to end up at man's right side with his right arm behind lady's neck and lady's left arm behind man's neck in bow tie

29&30 Rock right foot back, replace weight on left, step right across left with foot prepped forward

31&32 Turn 1 full free turn to right in front of man (left-right-left) to end up with hands connected in tandem position

CROSS, BACK, SIDE TO LEFT & RIGHT, CROSS, ROCK, SIDE TO LADY'S OUTSIDE TURN

- 33&34 Cross right over left, step back on left at slight angle to right diagonal, step right to right side
- 35&36 Cross left over right, step back on right at slight angle to left diagonal, step left to left side
- 37&38 Cross right over left, replace weight on left, step to right with right foot - right foot is prepped about a ¼ facing LOD. Man brings both arms up over lady's head on count 38
- 39&40 Step left foot slightly ahead of right, pivot on balls of both feet, turn ¾ and step to left with left foot

Arms will be brought down and out to sides on count 40

SWITCH TO NEW PARTNER

- 41&42 Pivot ½ to left on left foot and step back on right, pivot ½ to left on right and step forward on left, pivot ¼ to left on left foot and step right foot to right side to end up in front of new partner
- 43&44 Rock left foot slightly behind right, replace weight on right, step to left with left foot

REPEAT

MAN'S FOOTWORK

BASIC STEPS

- 1&2 Rock left foot slightly behind right, replace weight on right, step to left with left foot
- 3&4 Rock right foot slightly behind left, replace weight on left, step to right with right foot
- 5&6 Rock left foot slightly behind right, replace weight on right, step to left with left foot
- 7&8 Rock right foot slightly behind left, replace weight on left, step to right with right foot

Prep lady's right arm slightly to right on 5&, and out to her right side on 6; bring arm down on the & count and return to closed

FLIP FLOPS, TRAVEL ¼ TO OUTSIDE OF CIRCLE

- 9&10 Open ¼ to left (LOD) by stepping back on left, replace weight on right, step back on left while turning ½ left to face RLOD
- 11&12 Rock back on right foot, replace weight on left, step back on right while turning ½ right to face LOD
- 13&14 Rock back on left, replace weight on right, step to left with left foot in between lady's legs at slight angle to left diagonal to start travel steps

Place hands on sides of her waist, her hands will rest on his upper arms to begin travel

- 15&16 Step right to right side ¼ left, cross left over right, step to left with right

His left hand will come up to return to closed couples position

TRAVEL ¼ DOWN LOD, NECK WRAP WITH ½ TURN

- 17&18 Rock back on left, replace weight on right, step to left with left foot in between lady's legs at slight angle to left diagonal to start travel

Drop her left hand to start her turn, lead his left hand to his right to turn lady 1 full turn

- 19&20 Step right to right side ¼ left, cross left over right, step to left with right

Hands will end up her right to his left - man facing ILOD, lady facing OLOD

- 21&22 Rock left foot slightly back, replace weight on right, step left beside right
- 23&24 Bring left hand to right side of neck to lead lady forward as man turns ½ to left on the spot right-left-right

Lady will be facing ILOD, man facing OLOD

BOW TIE TO TANDEM

Once turned, man will present his right hand for lady's right hand to connect at his upper chest level. Left hands will be connected under right hands

- 25&26 Rock left foot back, replace weight on right, step left foot beside right

Man will start to lift joined crossed arms over lady's head

- 27&28 Rock right foot back, replace weight on left, step right foot beside left while turning lady 1 full turn to her right to end up at her left side with his right arm behind lady's neck and lady's left arm behind man's neck in bow tie
- 29&30 Rock left foot back, replace weight on right, step left across right as man preps lady to rock back

31&32 Rock right foot back, replace weight on left, hold on left and prep lady to turn 1 full free turn to her right in front of man to end up with hands connected in tandem position - both will now be on lady's footwork

CROSS, BACK, SIDE TO LEFT & RIGHT, CROSS, ROCK, SIDE TO LADY'S OUTSIDE TURN

33&34 Cross right over left, step back on left at slight angle to right diagonal, step right to right side

35&36 Cross left over right, step back on right at slight angle to left diagonal, step left to left side

37&38 Cross right over left, replace weight on left, step to right with right foot

Man brings both arms up over lady's head on count 38

39&40 Rock back on left, replace weight on right, step to left with left foot

Arms will be brought down & out to sides on count 40

SWITCH TO NEW PARTNER

41&42 Hold weight over both feet. Drop lady's right hand and prep lady's left hand in to turn her 1 full turn traveling LOD to new partner to man's left

43&44 Hold weight over both feet for counts 43& and shift weight to right on count 44 to start dance over

Return to closed position with new partner

REPEAT
