

Okra Or Pure Genius! (Take Your Pick!)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Chris Peel (UK)
音樂: Rad Gumbo - The Dean Brothers



HEEL-TOE TOUCHES, MAMBO ROCK, TOE-HEEL TOUCHES, MAMBO ROCK

1&2 Touch right heel forward - touch right toe back, touch right heel forward
3&4 Rock right forward - rock weight back onto left, step right beside left
5&6 Touch left toe back - touch heel forward, touch left toe back
7&8 Rock left to side - rock weight onto right, step left beside right

FORWARD-HITCH, FORWARD, MAMBO ROCKS

9&10 Step right forward - hop right while hitching left, step left forward
11&12 Rock right forward - rock weight back onto left, step right beside left
13&14 Step left back - hop left while hitching right, step right back
15&16 Rock left back - rock weight forward on right, step left beside right

PIVOT ½ TURN LEFT, TWISTS INTO CENTER, PENDULUM SWING, KICK-BALL ¼ TURN LEFT

17&18 Step right forward into pivot ½ turn left - step weight on left beside right, side step right
(shoulder width apart)
19&20 Moving towards center: heels in - toes in, feet together (toes facing forward)
21&22 (With a swing) point right toe to side - step right back to place while pointing left toe to side,
point right to side
23&24 Kick right forward - step right beside left, step ¼ turn left

SIDE TOUCH-TWIST RIGHT, TAP-KICK, STEP/CLAP, SIDE TOUCH-TWIST LEFT, TAP-KICK, STEP/CLAP

25&26 Touch right to side taking weight on ball of feet - twist to right, twist to center switching weight
to left

While twisting right, arms at shoulder level: left bent above chest, right stretched out to side, palms down, all fingers pointing right. While twisting back to center, arms as before

27&28 Tap right beside left - kick right forward, step right beside left/clap
29&30 Touch left to side taking weight on ball of feet - twist to left, twist to center switching weight to
right

While twisting left, arms at shoulder level: right bent above chest, left stretched out to side, palms down, all fingers pointing left. While twisting back to center, arms as before

31&32 Tap left beside right - kick left forward, step left beside right/clap

REPEAT