

Old School Soul

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Guyton Mundy (USA)
音樂: Gossip Folks (Dance Remix) - Missy Elliot



SIX STEP, STEP FORWARD-BACK TOGETHER WITH SHOULDER ROCKS (TWICE)

1&2 Cross right over left, step back on left, step together right
3&4 Cross left over right, step back on right, step together left
5-6 Step forward right, step together right (with syncopated shoulder rocks)
7-8 Step forward left, step together left (with syncopated shoulder rocks)

¾ TURN WITH SHOULDER ROCKS, STEP BACK, SLIDE TOGETHER, STEP FORWARD, TOUCH

1-2-3-4 While stepping right, left, right, left make a ¾ turn to the left (with syncopated shoulder rocks)
5-6 Step back right, slide left foot together, end with left toe touch next to right foot
7-8 Step forward left, touch right toe beside left foot

SAILOR SHUFFLES (X4)

1&2 Step behind right, step together left, step forward right
3&4 Step behind left, step together right, step forward left
5&6 Step behind right, step together left, step forward right
7&8 Step behind left, step together right, step forward left

¾ PADDLE TURN, WALKS

1-2-3-4 While keeping left foot on ground, rotate ¾ turn to the left while "paddling" right foot around (x4)
5-6-7-8 Walk forward right-left-right-left

SIDE STEP-LOCK-STEP-TOGETHER (TWICE) WITH ARM MOVEMENTS, END WITH ¼ TURN

1-2-3-4 Step right to right side, lock left beside right, step right to right side, step left beside right
5-6-7-8 Step left to left side, lock right beside left, step left to left side, step right beside left while doing ¼ turn to the left

Styling: angle body ¼ turn to the direction you're traveling with trailing arm extended. Flex hand up when feet are apart and flex down when feet are together

STEP-TOGETHER-STEP-TOGETHER WITH SHOULDER ROCKS

1-2-3-4 Step right to right side, hold, step together with left, hold (with syncopated shoulder and hip rocks)
5-6-7-8 Step right to right side, hold, step together with left, hold (with syncopated shoulder and hip rocks)

STEP-TOGETHER-STEP-TOGETHER WITH SHOULDER ROCKS

1-2-3-4 Step left to left side, hold, step together with right, hold (with syncopated shoulder rocks)
5-6-7-8 Step left to left side, hold, step together with right, hold (with syncopated shoulder rocks)

FORWARD HEEL TOUCH (X3), JUMP, JUMP, TRIPLE JUMP

1&2 Touch left heel forward while putting right hand behind head, switch to touching right heel forward while putting left hand behind head
&3&4 Switch back to touching left heel forward while putting right hand behind head, bring feet together and hands down
5-6 Small jump/scoot to the right, small jump/scoot to the left
7&8 Small jumps/scoots to the right (x3)

REPEAT
