

# Planet Janet Jam

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Janet Wilson (USA)  
音樂: Bury The Shovel (Extended Mix) - Clay Walker



## CROSS, STEP BACK, TRIPLE (LEFT), CROSS, STEP BACK, TRIPLE (RIGHT)

1-2            Cross left foot over right, step backward on right foot  
3&4           Triple left: left, right, left  
5-6           Cross right foot over left, step backward onto left foot  
7&8           Triple right: right, left, right

## TOUCH SIDE, FORWARD, COASTER STEP (LEFT), REPEAT ON RIGHT SIDE

9-10           Touch left toe out to left side, touch left toe forward  
11&12        Step backward onto left foot, step right foot next to left, step forward onto left foot  
13-14        Touch right toe out to right side, touch right toe forward  
15&16        Step backward onto right foot, step left foot next to right, step forward onto right foot

## BODY ROLL STEPPING LEFT, TOGETHER, SHAKE DOWN & UP; BODY ROLL STEPPING RIGHT, TOGETHER, SHAKE DOWN & UP

17-18&19    Stepping to left on left foot, roll body left, touch right foot next to left  
&20           Bending knees, bump hips right while bringing right shoulder down (&), keeping knees bent, bump left & bring left shoulder down (19), straightening knees, bump hips right while bringing right shoulder down (&), bump hips left & bring left shoulder down (20) -- (weight should be on left foot)  
21-22        Stepping to the right on right foot, roll body right, touch left foot next to right  
&23&24      Bending knees, bump hips left while bringing left shoulder down (&), keeping knees bent, bump hips right & bring right shoulder down (23), straightening knees, bump hips left & while bringing left shoulder down (&), bump right & bring right shoulder down (24) -- (weight should be on right foot)

## TOUCH FORWARD LEFT, FUNKY CHARLESTON WALK BACKWARD: LEFT-RIGHT-LEFT

25&26        Touch left toe forward, step backward onto left foot  
&27&28       Step backward onto right foot, step backward onto left foot

**\*To achieve the funky Charleston look, keep weight on balls of feet, and swivel heels out on the & counts and in on the whole counts. While swiveling the heels, use arms in sort of a funky chicken way.....Have fun!**

## 2 HEEL SWITCHES: RIGHT & LEFT, ¼ TURN LEFT, BUMPING RIGHT TWICE

29&30&       Touch right heel forward (29), step on right foot (&), touch left heel forward (30), step on left foot (&)  
31-32        Step forward on right foot ¼ turn left while bumping hips to the right twice

**REPEAT**