

Poor House

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Doris Wepfer (CH)
音樂: Poor House - The Traveling Wilburys



BRUSH, HITCH, SCOOT BACK 2X, HEEL SWIVELS

- 1&2 Brush left foot forward and hitch left knee, slightly back on right, left foot step back
- 3&4 Brush right foot forward and hitch right knee, slightly back on left, right foot step back
- 5-6 Weight on ball, swivel heels to left, back to center (out, in)
- 7&8 Swivel heel to left, back to center, swivel heel to left (out, in, out)

BRUSH RIGHT, CROSS, LOCK STEP BACK, BRUSH BACK AND FORWARD, LOCK STEP FORWARD

- 1-2 Brush right foot forward, cross right foot over left
- 3&4 Step back on left foot, close right beside left, step back on left
- 5-6 Brush right foot back, brush right foot forward
- 7&8 Step forward on right, close left beside right, step forward on right

DWIGHT YOAKAM STEPS LEFT, SYNCOPATED WEAVE RIGHT

- 1 Swivel right heel to left, while left toe touch inside next to right
- 2 Swivel right ball to left, while left heel touch to left
- 3&4 Swivel right heel to left, while left toe touch inside next to right, swivel right ball to left, while left heel touch to left, close left beside right
- 5-6 Cross step left over right, step right to right side
- 7&8 Left foot cross behind right, step right to right side, cross left over right

SIDE ROCK, SAILOR ¼ TURN, ½ TURN, ½ TURN, MAMBO STEP

- 12 Step right to right side, weight back on left
- 3&4 Cross right behind left, left to left side with ¼ turn right, step forward on right
- 5 ½ turn on ball of right, step back on left
- 6 ½ turn on ball of left, step forward on right
- 7&8 Step forward on left, weight back on left, close left beside right

APPLE JACKS, TOE FAN, TOE FAN BOUNCES

- &1 Swivel right heel & left toe to left, swivel back to center (change weight)
- &2 Swivel left heel & right toe to right, swivel back to center (change weight)
- &3 Swivel right heel & left toe to left, swivel back to center (change weight)
- &4 Swivel left heel & right toe to right, swivel back to center (change weight)
- 5-6 Both toes fan ¼ turn to left, both toes fan ½ turn to right
- 7&8 Both toes bounces with 1/8 turns to center, (3 x)

SIDE TOUCHES, SYNCOPATED JAZZ BOX WITH ¼ TURN, TOE TOUCHES WITH ¼ TURN 2X

- 1&2 Right toe touch to right side, right toe touch beside left, right toe touch to right side
- &3&4 Cross right over left, step back on left, with ¼ turn step right to right, step left foot forward
- 5&6 Touch right toe back, step right beside left making ¼ turn right, touch left toe beside right
- &7&8 Step left beside right, touch right toe back, step right beside left making ¼ turn right, touch left toe beside right

SYNCOPATED LUNGES LEFT & RIGHT WITH ARM MOVEMENTS, TOE TOUCHES FRONT AND SIDE, SAILOR STEP

- 1&2 Cross point left over right, ankle your arms by your shoulders & turn your upper body in opposite weight back on right, close left beside right

- 3&4 Cross point right over left, ankle your arms by your shoulders & turn your upper body in opposite weight back on left, close right beside left
- 5-6 Touch left in front, touch left to left side
- 7&8 Cross left behind right, step right next to left, step left foot forward

SYNCOPATED LUNGES RIGHT & LEFT WITH ARM MOVEMENTS, TOE TOUCHES FRONT AND SIDE, SAILOR ¼ TURN RIGHT

- 1&2 Cross point right over left, ankle your arms by your shoulders & turn your upper body in opposite, weight back on left, close right beside left
- 3&4 Cross point left over right, ankle your arms by your shoulders & turn your upper body in opposite, weight back on right, close left beside right
- 5-6 Touch right in front, touch right to right side
- 7&8 Cross right behind left, on left ¼ turn to right, step forward on right

REPEAT
