

Popeye

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Ronnie Fortt (UK)
音樂: Tall Ships - Greyhound Express



HEEL SPLITS ON THE SPOT (X3), TOE SPLITS ON THE SPOT (X1)

1-2 Taking weight on both toes: fan heels apart, fan heels together
3-4 Taking weight on both toes: fan heels apart, fan heels together
5-6 Taking weight on both toes: fan heels apart, fan heels together
7-8 Taking weight on both heels: fan toes apart, fan toes together

Fun: for extra fun - with fingers laced, use ripple effects from one elbow to the other, similar to Rob Fowler's 'B.UUT' and also Jamie, Alan, Pedro & Jo's 'Java Jive'

RIGHT GRAPEVINE WITH AN ENDING STEP, RIGHT SWIVET (TWICE)

1-2 Step right to right side, cross-step left behind right
3-4 Step right to right side, step left beside right
5 Taking weight on right heel & left toe: swivel right toe right & left heel left
6 Return both feet to center
7-8 Repeat above counts (5-6)

LEFT GRAPEVINE WITH AN ENDING TOUCH, STEP, HOLD (½-LEFT) HOLD

1-2 Step left to left side, cross-step right behind left
3-4 Step left to left side, touch right toe beside left
5-6 Step forward on right, hold for (1) count
7-8 Pivot ½ turn over left shoulder, hold for (1) count

RIGHT & LEFT SHUFFLES FORWARD, ROCK FORWARD/BACK, STOMP RIGHT/LEFT IN PLACE

1&2 Step forward on right, step left beside right, step forward on right
3&4 Step forward on left, step right beside left, step forward on left

Arms: for more fun - fold arms across body like a sailor leaning right then left as you shuffle. The boat is rocking!

5-6 Rock forward onto right, rock weight back onto left

Styling: try rolling the body to make a large wave

7-8 Stomp right beside left, stomp left beside right

REPEAT
