

Pour Me One

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Holly Ruschman (USA)
音樂: Pour Me - Trick Pony



Start dance after 4th "pour me"

TOE HEEL CROSS CLAP

1-2 Bring right toe to left instep bring right heel to left instep
3-4 Cross right over left hold & clap
5-8 Repeat on left

½ TURN CHASE STEPS

9-10 Step forward on right & turn ½ left, step left in place
11-12 Step forward on right, hold 1 count
13-14 Step forward on left & turn ½ right, step in place on right
15-16 Step forward on left hold 1 count

GRAPEVINE JUMPING JACKS

17-20 Step to right, step left behind, step to right, step left next to right
21-22 Jump both feet apart, jump and cross left over right
23-24 Jump both feet apart, jump left foot forward diagonally, right foot behind

FORWARD HOP STEPS

25-32 Step forward on ball of left foot & bring right foot up behind left heel, repeat 3 more times ending with right touch

FULL TURN BACKWARDS VINE TURNING LEFT

33-34 Step back on right foot and clap
35-36 Step forward on left and clap completing ½ turn
37-38 Step forward on right foot and clap
39-40 Step on left completing 2nd ½ of full turn and clap

HIP BUMPS AND HOLD

41-43 Step forward with right foot and bump hips forward, back, forward
44 Hold 1 count
45-47 Bump hips back, forward, back
48 Hold 1 count

ROCK AND STEP HOLD RIGHT & LEFT

49-52 Rock to right on right, step left in place, step right next to left, hold and clap
53-56 Rock to left on left, step right in place, step left next to right, hold and clap

½ PADDLE TURN LEFT (8 COUNTS)

57-64 Step right foot forward and sway back and forth to left foot for an 8 count ½ turn left

REPEAT