

Psycho Synco

COPPERKNOB
STEPSHEETS

拍數: 40 牆數: 2 級數: Intermediate line/contra dance
編舞者: Mike Salerno (USA)
音樂: Ole Slew Foot - Chris LeDoux



MONTEREY TURN, FOUR HEEL JACKS COMPLETING A ½ TURN RIGHT

- 1 Point right toe to right side
- 2 Pivot a ½ turn right on ball of left foot, transfer weight to right foot
- 3 Point left toe to left side
- 4 Step left foot beside right foot

Begin ½ turn right

- 5& Tap right heel forward with an 1/8 turn right, step right foot beside left foot
- 6& Tap left heel forward with an 1/8 turn right, step left foot beside right foot
- 7& Tap right heel forward with an 1/8 turn right, step right foot beside left foot
- 8 Tap left heel forward with an 1/8 turn right

After finishing the four heel jacks, you should have completed a ½ turn right and be facing the original wall

SYNCOPATED HEEL SCISSORS, BALL-CROSS, POINT, LEFT SAILOR STEP

- &9 Step left foot beside right foot, tap right heel forward at right diagonal
- 10 Hold/clap
- &11 Step right foot beside left foot, tap left heel forward at left diagonal
- 12 Hold/clap
- & Step ball of left foot slightly behind right foot
- 13 Cross/step right foot in front of left foot
- 14 Point left toe to left side
- 15& Cross/step left foot behind right foot, step on ball of right foot to right side
- 16 Step left foot in place

RIGHT SAILOR STEP, TWO HEEL KICKS, ROCK FORWARD, STEP, COASTER STEP

- 17& Cross/step right foot behind left foot, step on ball of left foot to left side
- 18 Step right foot in place
- 19 Kick left heel forward
- 20 Kick left heel forward

Lift knee to lead with heel of foot

- 21 Rock/step left foot forward
- 22 Step right foot in place
- 23& Step left foot backwards, step right foot beside left foot
- 24 Step left foot forward

TWO TRIPLES FORWARD, STEP, ½ PIVOT, CROSS, STEP BACK

- 25& Step right foot forward, step left foot beside right foot
- 26 Step right foot forward
- 27 Step left foot forward, step right foot beside left foot
- 28 Step left foot forward
- 29 Step right foot forward
- 30 Pivot a ½ turn left, transferring weight to left foot
- 31 Cross/step right foot in front of left foot
- 32 Step left foot backwards

BALL-CROSS, POINT, CROSS, UNWIND, CROSS, UNWIND, STOMP, STOMP

- & Step on ball of right foot beside left foot

- 33 Cross/step left foot in front of right foot
- 34 Point right toe to right side
- 35 Cross right toe in front of left foot to left side
- Twist turns**
- 36 Pivot (unwind) a ½ turn left, transferring weight to right foot
- 37 Cross left toe in front of right foot to right side
- 38 Pivot (unwind) a ½ turn right, transferring weight to left foot
- 39 Stomp right foot beside left foot
- 40 Stomp left foot beside right foot

REPEAT
