

Randall's Rag

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數:
編舞者: jg2 (USA) & Jerry Stephenson
音樂: Runnin' Behind - Tracy Lawrence



TOE CIRCLES

- 1-2 Weight on left, move right foot in circle to right, changing weight to left
3-4 Weight on right, move left foot in circle to left

TOE TOUCHES

- 1 Touch left toe out to left side
2 Touch left toe beside right
3 Touch left toe out to left side
4 Step left beside right
5 Touch right toe out to right side
6 Touch right toe beside left
7 Touch right toe out to right side
8 Touch right toe beside left

DIAGONALS FORWARD AND BACK

- 1 Step forward on right 45 degrees right
2 Touch left beside right
3 Step forward on left 45 degrees left
4 Touch right beside left
5 Step back on right 45 degrees right
6 Touch left beside right
7 Step back on left 45 degrees left
8 Touch right beside left

TOE TOUCHES

- 1 Touch right toe out to right side
2 Touch right toe beside left
3 Touch right toe out to right side
4 Step right beside left
5 Touch left toe out to left side
6 Touch left toe beside right
7 Touch left toe out to left side
8 Step left beside right

HEEL SPLITS

Feet together, weight even on balls of both feet

- 1-2 Toes together, spread heels apart and back together
3-4 Toes together, spread heels apart and back together (weight to left step 32)

TOUCH AND CROSS (SLIGHT FORWARD TRAVEL)

- 1 Touch right toe out to right side
2 Cross step right over left
3 Touch left toe out to left side
4 Cross step left over right
5 Touch right toe out to right side
6 Cross step right over left

- 7 Touch left toe out to left side
- 8 Step left beside right

KICK BALL CHANGE (2)

- 1 Kick right forward
- & Step back on right lifting left slightly
- 2 Step down on left
- 3 Kick right forward
- & Step back on right lifting left slightly
- 4 Step down on left

¼ TURN

- 5 Step forward on right
- 6 On ball of right, make ¼ turn left (9:00), stepping left beside right
- 7 Stomp right (weight) beside left
- 8 Stomp left (weight) beside right

REPEAT
