

Reelin' & Rockin'

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數:
編舞者: Bev Cornish (CAN)
音樂: Don't Be Stupid (You Know I Love You) - Shania Twain



TOE SWITCHES, HEEL TOUCH, DOUBLE CLAP

1 Touch left toe beside right foot
& Step left in place
2 Touch right toe beside left foot
& Step right in place
3 Touch left heel forward
& Clap hands
4 Clap hands

TOE SWITCHES, HEEL TOUCH, DOUBLE CLAP

& Step left beside right
5 Touch right toe beside left foot
& Step right in place
6 Touch left toe beside right foot
& Step left in place
7 Touch right heel forward
& Clap hands
8 Clap hands

STEP FORWARD, HOLD, QUICK STEP TOGETHER, SHUFFLE FORWARD

9 Step right forward (stomp)
10 Hold
& Step ball of left beside right heel
11 Step right forward
& Step ball of left beside right heel
12 Step right forward

STEP FORWARD, HOLD, QUICK STEP TOGETHER, SHUFFLE FORWARD

13 Step left forward (stomp)
14 Hold
& Step ball of right beside left heel
15 Step left forward
& Step ball of right beside left heel
16 Step left forward

STOMP, KICK BALL CHANGE (MOVING RIGHT), KICK SIDE

17 Stomp right beside left
18 Kick right forward
& Step back on ball of right
19 Step left over right
20 Kick low-to right side

CROSS SHUFFLE (MOVING SIDE LEFT) STEP, STEP ¼ RIGHT

21 Step right over left
& Step ball of left to left side
22 Step right over left

- 23 Step left back
- 24 Step right ¼ right

ROCK STEP, PADDLE TURN ¾ LEFT

Some may consider this a shuffle turn, rather than a paddle turn

- 25 Rock left forward
- 26 Step right in place
- 27 Step left ¼ left
- & Step ball of right slightly to the right-turning ¼ left
- 28 Step left ¼ left in place

SIDE STEP, HOLD, QUICK STEP, SHUFFLE SIDE

- 29 Big step side right
- 30 Hold
- & Step left beside right
- 31 Step side right
- & Step left beside right
- 32 Step side right

REPEAT

Option for counts 9-16 (This really gives the dance the feel of doing a reel.)

When you stomp right forward, you can turn your foot slightly so the toes face 2 o'clock, so when you do counts & 11 & 12 you will have your left foot directly behind or slightly to the right of your right heel, similar to a lock step. and you would do the same for counts & 13 & 16 beginning with your left foot, it would point to 10 o'clock.
