

The Riv

COPPER KNOB
STEPSHEETS

拍數: 64

牆數: 2

級數: Intermediate/Advanced contra
dance



編舞者: Knox Rhine (USA)

音樂: Cease and Desist - Delbert McClinton

WALK, WALK, RUN-RUN-RUN

- 1 Step forward with right foot
- 2 Step forward with left foot
- 3 Step forward with right foot
- & Step forward with left foot
- 4 Step forward with right foot

PIVOT, PIVOT, TRIPLE STEP TURN

- 5 Pivot $\frac{1}{2}$ turn right on ball of right foot, step back with left foot
- 6 Pivot $\frac{1}{2}$ turn right on ball of left foot, step forward with right foot
- 7 Step $\frac{1}{4}$ turn right with left foot
- & Step $\frac{1}{4}$ turn right with right foot
- 8 Step together with left foot

WALK, WALK, RUN-RUN-RUN

- 9 Step forward with right foot
- 10 Step forward with left foot
- 11 Step forward with right foot
- & Step forward with left foot
- 12 Step forward with right foot

PIVOT, PIVOT, TRIPLE STEP TURN

- 13 Pivot $\frac{1}{2}$ turn right on ball of right foot, step back with left foot
- 14 Pivot $\frac{1}{2}$ turn right on ball of left foot, step forward with right foot
- 15 Step $\frac{1}{4}$ turn right with left foot
- & Step $\frac{1}{4}$ turn right with right foot
- 16 Step together with left foot

TOE IN, OUT, CROSS-SIDE-CROSS

- 17 Touch right toe at left instep
- 18 Touch right heel at left instep
- 19 Step across in front of left leg with right foot
- & Step to left side with left foot
- 20 Step across in front of left leg with right foot

TOE IN, KICK, CROSS, TURN

- 21 Touch left toe at right instep
- 22 Kick left foot forward-left
- 23 Step across behind right leg with left foot
- 24 Pivot $\frac{3}{4}$ turn left on balls of both feet

POINT SIDE, CROSS, SIDE, CROSS

- 25 Touch right toe to right side
- 26 Touch right toe forward-left across left leg
- 27 Touch right toe to right side

28 Touch right toe forward-left across left leg

STEP SIDE, ¼ TURN, COASTER STEP

29 Step to right side with right foot
30 Pivot ¼ turn left on ball of right foot
31 Step back with left foot
& Step together with right foot
32 Step forward with left foot

SASSY WALK, KICK

33 Step in front of left foot with right toe
34 Step in front on right foot with left toe
35 Step in front of left foot with right toe
36 Kick left foot forward-left

SASSY WALK, KICK

37 Step in front of right foot with left toe
38 Step in front of left foot with right toe
39 Step in front of right foot with left toe
40 Kick right foot forward-right

TURN, 2, 3, 4

41 Pivot ½ turn right on ball of left foot, step forward with right foot
42 Pivot ½ turn right on ball of right foot, step back with left foot
43 Pivot ½ turn right on ball of left foot, step forward with right foot
44 Pivot ½ turn right on ball of right foot, step back with left foot

SAILOR STEP, SAILOR STEP

45 Step across behind left leg with right foot
& Step to left side with left foot
46 Step to right side with right foot
47 Step across behind right leg with left foot
& Step to right side with right foot
48 Step to left side with left foot

WALK, WALK, TAP-SCOOT- STEP BACK

49 Step forward with right foot
50 Step forward with left foot
51 Tap right toe across behind left leg
& Lift right foot and scoot back on left foot
52 Step back with right foot

SHUFFLE BACK, ROCK, STEP

53 Step back with left foot
& Step together with right foot
54 Step back with left foot
55 Step back with right foot
56 Rock forward onto left foot

WALK, WALK, SIDE-CROSS-SIDE

57 Step forward with right foot
58 Step forward with left foot
59 Pivot ¼ turn left on ball of left foot and step to right side with right foot
& Step across behind right leg with left foot

60 Step to right side with right foot

CROSS, $\frac{3}{4}$ TURN, POINT, HOLD

61 Step across in front of right leg with left foot

62 Pivot $\frac{3}{4}$ turn right on balls of both feet

63 Point right toe to right side

64 Hold

REPEAT
