

Robin's Egg

COPPER KNOB
STEPSHETS

拍數: 64 牆數: 4 級數: Beginner
編舞者: Mark D. Offer (CAN)
音樂: Stuff That Matters - Tara Lyn Hart



The steps in this dance are very loosely based on the movements a baby bird would make when it is trying to hatch from its egg

RIGHT VINE (ROLLS OPTIONAL)

- 1 Step right foot to right
- 2 Step left foot behind right
- 3 Step right foot to right
- 4 Brush left foot backwards

LEFT VINE (ROLLS OPTIONAL)

- 5 Step left foot to left
- 6 Step right foot behind left
- 7 Step left foot to left
- 8 Lightly brush right foot backwards

TURNING JAZZ STEP

- 9 Step right foot in front of left
- 10 Step left foot back
- 11 Step right ¼ turn to right
- 12 Step left ¼ turn beside right

HEEL STRUTS

- 14 Place right heel forward
- 13 Drop right toe
- 15 Place left heel forward
- 16 Drop left toe
- 17 Place right heel forward
- 18 Drop right toe
- 19 Place left heel forward
- 20 Drop left toe

DIAGONAL STEPS

- 21 Step right foot diagonally to right
- 22 Step left foot to touch right
- 23 Step left foot diagonally to left
- 24 Step right foot to touch left
- 25 Step right foot diagonally to right
- 26 Step left foot to touch right
- 27 Step left foot diagonally to left
- 28 Step right foot to touch left

KICKS, BOWS AND BACK STEPS ("CRACKING THE EGG")

Suggestion: place hands on hips

- 29-30 Step forward right, step forward left
- 31-32 Step forward right, kick forward left
- 33-34 Step back left beside right, hold
- 35-36 Step back right and lean heavily forward, hold

- 37-38 Step forward right beside left, left forward kick
- 39-40 Step back left beside right, hold
- 41-42 Step back right and lean heavily forward, hold
- 43-44 Slide back left to right, hold

Remove hands from hips

KICK-CROSS-BACKSTEPS

- 45-46 Kick right foot forward, kick right foot to right side
- 47-48 Step right foot back, hold
- 49-50 Kick left foot forward, kick left foot to left side
- 51-52 Step left foot back, hold
- 53-54 Kick right foot forward, kick right foot to right side
- 55-56 Step right foot back, hold
- 57-58 Kick left foot forward, kick left foot to left side
- 59-60 Step left foot back, hold

ROCK FORWARD AND BACK

- 61 Rock forward on right
- 62 Rock back on left
- 63 Rock back on right
- 64 Rock forward on left and raise right foot

REPEAT
