

Rubberband Man

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Carolyn Robinson (USA)
音樂: Rubberband Man - The Spinners



Begin dance on 17th count after the heavy beat kicks in

RIGHT TRIPLE STEPS RIGHT DIAGONAL, RIGHT TOE FORWARD, BACK, RIGHT SIDE TRIPLE

Start facing right diagonal

1&2 Step forward right, step forward left, step forward right
3&4 Step forward left, step forward right, step forward left
5-6 Touch right forward, touch right back
7&8 Side step right, step left beside right, side step right

LEFT TRIPLE STEPS LEFT DIAGONAL, LEFT TOE FORWARD, BACK, LEFT SIDE TRIPLE

Turn to face left diagonal

1&2 Step forward left, step forward right, step forward left
3&4 Step forward right, step forward left, step forward right
5-6 Touch left forward, touch left back
7&8 Side step left, step right beside left, side step left

SIDE TOGETHER, SIDE TOGETHER SIDE TWICE

1-2 Side step right, step left beside right
3&4 Side step right, step left beside right, side step right
5-6 Side step left, step right beside left
7&8 Side step left, step right beside left, side step left

TOE HEEL STRUTS WITH ¼ TURN LEFT, HIP BUMPS

1-2 Step right toe forward, step right heel down
3-4 Turning ¼ turn left and step left toe forward, step left heel down
5&6 Bump right hips right, left, right
7&8 Bump left hips left, right, left

Option: for styling bumps hips while doing the toe heel struts and instead of bumps roll knees for 2 counts each beginning with right knee

REPEAT