

Runnin' Hot

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Roger Rod (USA)
音樂: Poor Boy Shuffle - The Tractors



ROCK STEP, ¼ TURN RIGHT, BACK STEP, ¼ TURN RIGHT

- 1 Rock back on right foot
- 2 Step forward on left foot
- 3-4 Step forward on right foot and turn ¼ turn to right side, hold for count 4
- 5-6 Step forward on left foot, step back on right foot
- 7& Step back on left foot, turn ¼ turn right and step forward on right foot
- 8 Step forward on left foot (now facing ½ turn from starting wall)

RIGHT FOOT KICKS, ½ TURNING RIGHT SHUFFLE, SIDE SHUFFLE, DOUBLE FOOT STOMP

- 1-2 Kick right foot forward, kick right foot to right side
- 3&4 Turning shuffle ½ turn to the right, (stepping right-left-right)
- 5&6 Shuffle to the right side, (left-right-left)
- 7-8 Stomp right foot twice next to left (you should now be facing original starting wall)

¼ RIGHT & HOLD, FORWARD STEP, STEP BACK & ½ LEFT, SHUFFLE FORWARD

- 1-2 Turn ¼ turn right and step forward on right foot, hold for count 2
- 3-4 Step left foot in front of right, hold for count 4
- 5-6 Step back on right foot and turn ½ turn left, step forward on left foot
- 7&8 Shuffle forward on right foot, shuffle forward left foot behind right, shuffle forward right

You should now be ¼ turn left from starting wall

STEP FORWARD LEFT, ROCK BACK, COASTER STEP BACK, TOUCHES RIGHT & LEFT

- 1-2 Step forward on left foot, rock back onto right foot
- 3 (Coaster step) step back on left foot
- & Step back on right foot
- 4 Step forward on left foot
- 5-6 Touch right foot to right side, step right foot next to left
- 7-8 Touch left foot to left side, step left foot next to right

REPEAT
