

Rusty Shag

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數:
編舞者: Dick Bullard (USA) & Marie Bullard (USA)
音樂: Keep It Up - Mark Collie



2-LEFT KICK BALL CHANGES, JAZZ SQUARE

- 1&2 Kick forward with left foot & quickly step onto ball of left foot, step onto right foot
- 3&4 Repeat counts 1 & 2-left kick ball change
- 5-8 Cross left foot over right foot, step back with right foot, step to right side with right foot, step slightly forward with left foot

HEEL SWIVELS, RIGHT SHAG

- 1-4 With weight on ball of both feet, swivel heels to right, center, left, center
- 5-8 Step to right side with right foot, slide left foot next to right foot and raise right heel up. Step to right side with right foot, slide left foot next to right foot and raise right heel up

HIP PUSHES WITH PIVOT TURN, HIP PUSHES, SHAG RIGHT

- 1-4 Step to right side with right foot and push right hip out, push right hip out and pivot ½ turn right on ball of right foot. Step to left side with left foot and push left hip out, push left hip out (weight should be on left foot)
- 5-8 Step to right side with right foot, slide left foot next to right foot and raise right heel up step to right side with right foot, slide left foot next to right foot and raise right heel up

HIP ROCKS, STEP INTO ¼ TURN, BRUSH, CROSS TURN

- 1-4 Step to side with right foot and rock hips to right, left, right, left
- 5-8 Step with right foot into ¼ turn right, brush forward with left foot cross left foot over right foot, turn ½ turn right on balls of both feet

REPEAT
