

Saturday Night Special

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Teree Desarro (USA)
音樂: Why Haven't I Heard From You - Reba McEntire



"ELVIS" KNEE ROLLS

Add your own arm styling to knee rolls- have fun with it!

- 1 With weight on left and feet a shoulder-width apart, roll right knee inward, raising heel of right off floor
- 2 Roll right knee outward, right heel still raised off floor
- 3 Roll right knee inward, right heel still raised off floor
- 4 Lower right heel home and straighten right knee
- 5 Roll left knee inward, raising heel of left off floor
- 6 Roll left knee outward, left heel still raised off floor
- 7 Roll left knee inward, left heel still raised off floor
- 8 Lower left heel home and straighten left knee

"ELVIS" KNEE ROLLS WITH HOLDS

- 1 Roll right knee inward, raising heel of right off floor
- 2 Hold
- 3 Lower right heel home while rolling left knee inward, raising left heel off floor
- 4 Hold
- 5 Lower left heel home while rolling right knee inward, raising right heel off floor
- 6 Lower right heel home while rolling left knee inward, raising left heel off floor
- 7 Lower left heel home while rolling right knee inward, raising right heel off floor
- 8 Hold

RIGHT & LEFT TRIPLES FORWARD

Try adding shoulder shimmies to the triples

- 1 Step slightly forward on right
- & Step left next to right
- 2 Step slightly forward on right
- 3 Step slightly forward on left
- & Step right next to left
- 4 Step slightly forward on left
- 5 Step slightly forward on right
- & Step left next to right
- 6 Step slightly forward on right
- 7 Step slightly forward on left
- & Step right next to left
- 8 Step slightly forward on left

VINE RIGHT WITH STOMP & CLAP, LEFT ROLLING VINE WITH TOUCH

- 1 Step to right on right
- 2 Cross step left behind right
- 3 Step to right on right
- 4 Stomp left foot next to right and clap hands to the right
- 5 Step $\frac{1}{4}$ turn to the left on left
- 6 Pivot $\frac{1}{4}$ turn to the left on left and step to the right on right
- 7 Pivot $\frac{1}{2}$ turn to the left on right and step to the left on left
- 8 Touch right next to left

RIGHT & LEFT TRIPLES BACK WITH FINGER SNAPS

- 1 Bending slightly forward, step slightly back on right and snap fingers (left hand forward/right hand back)
- & Step left next to right
- 2 Step slightly back on right
- 3 Still bending slightly forward, step slightly back on left and snap fingers (right hand forward/left hand back)
- & Step right next to left
- 4 Step slightly back on left
- 5 Still bending slightly forward, step slightly back on right and snap fingers (left hand forward/right hand back)
- & Step left next to right
- 6 Step slightly back on right
- 7 Still bending slightly forward, step slightly back on left and snap fingers (right hand forward/left hand back)
- & Step right next to left
- 8 Step slightly back on left and straighten up

OUT-OUT-HOLD, IN-CROSS-HOLD, OUT-OUT-HOLD, IN-CROSS-HOLD

- & Hop forward and to the right on right
- 1 Hop forward and to the left on left, placing hands down to sides with palms facing forward
- 2 Hold
- & Hop forward and inward on right
- 3 Hop forward, cross stepping left over right, crossing left hand over right in front of body
- 4 Hold
- & Hop forward and to the right on right
- 5 Hop forward and to the left on left, placing hands down to sides with palms facing forward
- 6 Hold
- & Hop forward and inward on right
- 7 Hop forward, cross stepping left over right, crossing left hand over right in front of body
- 8 Hold

OUT-OUT-HOLD, ¼-SWIVEL-HOLD, PELVIS PUSHES

- & Hop forward and to the right on right
 - 1 Hop forward and to the left on left, placing hands down to sides with palms facing forward
 - 2 Hold
 - 3 While on the balls of both feet and weight centered directly over feet, swivel heels ¼ turn to the right
- Left foot is now in front of right**
- 4 Hold
 - 5 Rock back, shifting weight to right
 - 6 Push pelvis forward by shifting weight to left
 - 7 Rock back, shifting weight to right
 - & Push pelvis forward by shifting weight to left while right heel rocks off floor
 - 8 Rock back, shifting weight to right while toes of left raise off floor

LEFT & RIGHT TRIPLES FORWARD, FULL TURN FORWARD, STEP, TOUCH

- 1 Step slightly forward on left
- & Step right next to left
- 2 Step slightly forward on left
- 3 Step slightly forward on right
- & Step left next to right
- 4 Step slightly forward on right
- 5 Step forward on left, pivoting ½ turn to the right

- 6 Step back on right, pivoting $\frac{1}{2}$ turn to the right
- 7 Step forward on left
- 8 Touch toes of right far to the right side

REPEAT
