

Send Me A Letter

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Jackie Miranda (USA)
音樂: Please Mr. Postman - Carpenters



ROCK FORWARD, RECOVER, STEP LOCK BACK; ROCK BACK, RECOVER, STEP LOCK FORWARD

- 1-2 Rock forward on right, recover back on left
3&4 Step back on right, cross left over right, step back on right (step lock back at slight angle)
5-6 Rock back on left, recover forward on right
7&8 Step forward on left, lock right behind left, step forward on left

SIDE ROCK, RECOVER, CROSS OVER TOE STRUT; SIDE ROCK, RECOVER, CROSS OVER TOE STRUT

- 1-4 Rock right to right side, recover on left, cross and point right toe over left, bring right heel down (weight on right)
5-8 Rock left to left side, recover on right, cross and point left toe over right, bring left heel down (weight on left)

½ TURN LEFT, SHUFFLE FORWARD; ½ TURN RIGHT, SHUFFLE FORWARD

- 1-2 Step forward on right, pivot ½ turn left (weight goes forward on left)
3&4 Shuffle forward right, left, right
5-6 Sep forward on left, pivot ½ turn right (weight goes forward on right)
7&8 Shuffle forward left, right, left

TWO ¼ TURNS LEFT, OUT-OUT, HOLD WITH A CLAP, IN-IN, HOLD WITH A CLAP

- 1-2 Make two ¼ turns left by stepping slightly forward on right, turn ¼ left
For styling, you can rotate hips to the left (weight ends on left)
3-4 Repeat steps 1-2 above
&5-6 Step right slightly out to right side, step left out slightly to left side, hold as you clap
&7-8 Bring right into center, bring left next to right, hold as you clap (weight on left)

MONTEREY TURNS, STOMPS FORWARD WITH HOLDS AND CLAPS

- 1-2 Make a Monterey turn by pointing right to right side, on the ball of left make a ½ turn right and step down on right
3-4 Point left to left side, step left next to right (weight on left)
5 Stomp right forward
Styling note: bend right knee and push left hip out
6& Hold as you clap twice
7 Stomp left forward
Styling note: bend left knee as you push right hip out
8 Hold as you clap

MONTEREY TURNS, STOMPS FORWARD WITH HOLDS AND CLAPS

- 1-2 Make a Monterey turn by pointing right to right side, on the ball of left make a ½ turn right and step down on right
3-4 Point left to left side, step left next to right (weight on left)
5 Stomp right forward
Styling note: bend right knee and push left hip out
6& Hold as you clap twice
7 Stomp left forward
Styling note: bend left knee as you push right hip out
8 Hold as you clap

VINE RIGHT, STEP TOGETHER, SWIVEL OR TWIST TRAVELING LEFT

1-4 Vine right by stepping right to right side, step left behind right, step right to right side, step left next to right (weight evenly on both feet)

5-8 Swivel heels to left, toes left, heels left, toes center, weight ending on left

For variation, as you travel to your left try bringing toes out as heels come inwards, fan heels out as toes come inwards, bringing toes out as heels come inwards, swiveling toes in as heels fan out, weight ends on left

VINE RIGHT, STEP TOGETHER, SWIVEL OR TWIST ¼ LEFT

1-4 Vine right by stepping right to right side, step left behind right, step right to right side, step left next to right (weight evenly on both feet)

5-8 As you swivel heels to left, toes to left, heels to left, toes to left make a ¼ turn to left with weight ending on left

Do the variation above but make sure to complete a ¼ turn left with weight ending on left

REPEAT
