

Soul Fever

COPPERKNOB
BY STEPHEN

拍數: 88 牆數: 2 級數: Intermediate/Advanced
編舞者: Lea McKenzie (AUS)
音樂: A Little out of Control - Carter & Carter



STEP FORWARD, TOE BEHIND, STEP BACK, TOUCH HEEL FORWARD, STEP TOGETHER, CROSS IN FRONT, UNWIND ½ RIGHT, STRUT

1-2-3-4 Step right forward, tap left toe behind right, step left back, touch right heel forward 45 degrees right
5-6-7-8 Step right to side, touch left across in front of right, unwind ¾ right, step left heel down

HEEL TOE STRUT, STOMP, PAUSE, TWIST TO RIGHT, CLAP

1-2-3-4 Touch right heel forward, step right toe down, stomp left foot next to right, pause
5-6-7-8 Twist both heels to right, twist both toes to right, twist both heels to right, clap

TWIST LEFT, CLAP, TWIST RIGHT, CLAP, TWIST TO LEFT, CLAP

1-2-3-4 Twist both heels to left, clap, twist both heels to right, clap
5-6-7-8 Twist both heels to left, twist both toes to left, twist both heels to left, clap

STEP BACK, CLAP, STEP BACK, CLAP, STEP BACK CLAP, STEP BACK, CLAP

1-2-3-4 Step right back, flick left foot forward & clap, step left back, flick right foot forward & clap,
5-6-7-8 Step right back, flick left foot forward & clap, step left back, flick right foot forward & clap

DIAGONALLY RIGHT SYNCOPATED LOCKING STEPS, SCUFF

1-2-3-4 Step right 45 degrees forward, step left behind right, step right 45 degrees forward, step left across in front of right
5-6-7-8 Step right 45 degrees forward, step left behind right, step right 45 degrees forward, scuff left foot next to right

DIAGONALLY LEFT SYNCOPATED LOCKING STEPS, SCUFF

1-2-3-4 Step left 45 degrees forward, step right behind left, step left 45 degrees forward, step right in front of left
5-6-7-8 Step left 45 degrees forward, step right behind left, step left 45 degrees forward, scuff right foot next to left

STEP FORWARD, TURN ½ LEFT, TOUCH & CLAP, STEP FORWARD, SCUFF & CLAP, STEP FORWARD, TURN ½ LEFT, TOUCH & CLAP, STEP FORWARD, STOMP & CLAP

1-2-3-4 Step right forward, turning ½ left touch left toe next to right & clap, step left forward, scuff right foot next to left & clap,
5-6-7-8 Step right forward, turning ½ left touch left toe next to right & clap, step left forward, stomp right next to left & clap

APPLEJACKS LEFT, RIGHT, LEFT, LEFT,

1-2-3-4 Turn left toe and right heel to left, return both to center, turn left heel and right toe to right, return both to center
5-6-7-8 Turn left toe and right heel to left, return both to center, turn left toe and right heel to left, return both to center

APPLEJACKS RIGHT, LEFT, RIGHT, RIGHT

1-2-3-4 Turn right toe and left heel to right, return both to center, turn right heel and left toe to left, return both to center
5-6-7-8 Turn right toe and left heel to right, return both to center, turn right toe and left heel to right, return both to center

VINE RIGHT, SCUFF, VINE LEFT, SCUFF

1-2-3-4 Step right to side, step left behind right, step right to side, scuff left

5-6-7-8 Step left to side, step right behind left, step left to side, scuff right

STRUT, SCUFF, SCOOT & HITCH, STRUT, SCUFF, SCOOT & HITCH

1-2-3-4 Touch right heel forward, step right toe down, scuff left foot next to right, scoot forward on right foot hitching left knee

5-6-7-8 Touch left heel forward, step left toe down, scuff right foot next to left, scoot forward foot hitching right knee

REPEAT

VARIATIONS:

On steps 25-32, instead of clapping, click fingers on both hands at shoulder height

On steps 57-72, if you find applejacks difficult, try fanning toes only in the same directions as applejacks. I.e. Left toe left, return, right toe right, return, left toe left, return, left toe left, return, right toe right, return, left toe left, return, right toe right, return, right toe right, return. Or twist heels left, return, right, return, left, return, left, return, twist heels right, return, left, return, right, return, right, return. Or whatever feels comfortable for you.
