

Steam (And More Steam)

COPPER KNOB
BY STEPHEN

拍數: 40
編舞者: Tonya Coon Moore (USA)
音樂: Steam - Ty Herndon

牆數: 2

級數: Intermediate/Advanced



When using "Steam," start dance on 3rd 8-count (where he says "Go"). To do the shorter 40-count version, start from the top and go through count 40 and then start over. For the longer version just continue on to count 80 and then start over from the beginning (the cross/step-touch)

COUNTS 1-40 BEGIN HERE

CROSS, TOUCH, CROSS, TOUCH, CROSS, BACK, STEP, TOGETHER

- 1-2 Cross-step right foot over left foot, touch left foot out to left side
- 3-4 Cross-step left foot over right foot, touch right foot out to right side
- 5-6 Cross-step right foot over left foot, step back on left foot
- 7-8 Step right foot in place (where it is), step left foot together

STEPS AND HIP ROLLS WITH HAND MOTIONS

- 1-2 Step right foot to right side rolling hips to the left for 2 counts and with left hand behind back bring right hand up to left side of forehead palm out and wipe it across to right side (as if wiping sweat off forehead)
- 3-4 Step right foot next to left foot rolling hips to the left for 2 counts and bring right hand behind back (left hand still behind back)
- 5-6 Step left foot to left side rolling hips to the left for 2 counts and with right hand behind back bring left hand up to right side of forehead palm out and wipe it across to left side (as if wiping sweat off forehead)
- 7-8 Step left foot next to right foot rolling hips to the left for 2 counts and bring left hand behind back (right hand still behind back)

STEP, ½ LEFT, OUT, OUT, HIP SWAYS

- 1-2 Step right foot forward, pivot ½ to left (weight onto left foot)
- 3-4 Step right foot slightly out to right (option: slap right hand on right front hip pocket), step left foot slightly out to left (option: slap left hand on left front hip pocket)
- 5-8 Sway hips right-left-right-left (option: keep hands on pockets for these counts)

HEEL JACK VARIATIONS, VINE RIGHT AND STEP TOGETHER

- &1 Step right foot to right, touch left heel to left and slightly forward
- &2 Step left foot home, cross-step right foot over left foot
- &3 Step left foot to left, touch right heel to right and slightly forward
- &4 Step right foot home, cross-step left foot over right foot
- 5-7 Step right foot to right, cross-step left foot behind right foot, step right foot to right
- 8 Step left foot together

SIDE, BEND, STRAIGHTEN AND HAND JIVE

- 1-4 Step right foot out to right, slowly bend right leg leaning to right side (option: on 1-3 bring right hand up to left side of forehead palm out and wipe it across to right side as if wiping sweat off forehead; on 4 sling right hand out to right side as if slinging sweat off your hand)
- 5-8 Slowly straighten right leg to standing position (weight to left foot)

START AGAIN - OR CONTINUE WITH MORE STEAM!

COUNTS 41-80 BEGIN HERE

WALK BACK RIGHT-LEFT-RIGHT, KICK, STEP-TOUCH FORWARD THEN BACK

- 1-3 Walk back right-left-right

- 4 Kick left foot forward
- 5-6 Step left foot forward, touch right foot behind left foot
- 7-8 Step back on right foot, touch left foot next to right foot

FULL TURN LEFT, FULL TURN RIGHT

- 1-2 Turn ¼ to left stepping on left foot, turn ¼ to left stepping on right foot
- 3-4 Turn ¼ to left stepping on left foot, turn ¼ to left touching right foot next to left foot
- 5-6 Turn ¼ to right stepping on right foot, turn ¼ to right stepping on left foot
- 7-8 Turn ¼ to right stepping on right foot, turn ¼ to right touching left foot next to right foot

ROCK BACK, RECOVER, FORWARD LEFT-RIGHT-LEFT, TOUCH SIDE, CROSS, FULL TURN LEFT

- 1-2 Rock back on left foot, rock forward (recover) on right foot
- 3-5 Walk forward left-right-left*
- 6 Touch right foot to right side*
- 7 Cross-step right foot over left foot starting a full turn to left*
- 8 Finish full turn ending weight on right foot and turning body diagonally left (ladies can lift left heel pointing left toe)*

Optional arm styling for ladies on 3-8:

- 3 Extend right arm forward and slightly to left, flipping hand down
- 4 Extend left arm forward and slightly to right (left wrist crossed over right wrist), flipping hand down
- 5 Extend arms horizontally out to sides, flipping hands down
- 6 Hold arms horizontally out to sides
- 7 Sweep right hand around back of head left-to-right and bring left arm down to side
- 8 Extend right arm forward, flipping hand down

FULL CIRCLE LEFT, TOUCH, SIDE, TOUCH, SIDE, TOUCH

- 1-3 Walk around to the left in a full circle stepping left-right-left
- 4 Touch right foot next to left foot
- 5-6 Step right foot to right, touch left foot next to right foot
- 7-8 Step left foot to left, touch right foot next to left foot

SIDE, BEND, STRAIGHTEN AND HAND JIVE

- 1-4 Step right foot out to right, slowly bend right leg leaning to right side (option: on 1-3 bring right hand up to left side of forehead palm out and wipe it across to right side as if wiping sweat off forehead; on 4 sling right hand out to right side as if slinging sweat off your hand)
- 5-8 Slowly straighten right leg to standing position (weight to left foot)

REPEAT
