

Step On It

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Pepper Siquieros (USA)
音樂: Thompson Street - Brady Seals



I have included some Soul Line Dance style in this dance with the stomps. The stomps give this dance its character, make as much noise as possible when you stomp to hear the rhythm - it sounds cool with a whole room of dancers doing the stomps at the same time. The "Soul" look is dancing down into the floor, knees bent and not bouncy.

RIGHT KICK-BACK-TAP, ¼ TURN SWIVEL RIGHT, ¼ TURN SWIVEL LEFT

- 1&2 Kick right forward, step back on right, tap/pat/point left foot forward and leave it there with right knee slightly bent keeping weight on right
- 3-4 Straighten right knee and swivel ¼ to right shifting weight to left (feet should be shoulder width apart), swivel ¼ to left shifting weight to right bending right knee and with left pointed forward

LEFT COASTER STEP, RIGHT KICK STEP FORWARD

- 5&6 Step back on left, step together on right, step forward on left
- 7&8 Kick right forward, step forward on right, step forward on left

STOMP-STOMP, KICK, RIGHT COASTER, STOMP-STOMP, KICK, LEFT COASTER

- &1-2 Stomp right forward keeping weight on left, stomp right a little farther forward and put weight on it, push off with right foot and rock weight back to left kicking right low and forward
- 3&4 Step back on right, step together on left, step forward on right
- 5-6 Stomp left forward keeping weight on right, stomp left a little farther forward and put weight on it, push off with left foot and rock weight back to right kicking left low and forward
- 7&8 Step back on left, step together on right, step forward on left

STEP FORWARD, PIVOT ¼ TURN, CROSS RIGHT OVER LEFT, STEP BACK LEFT

- 1-2 Step forward on right, pivot ¼ turn to left shifting weight to left
- 3-4 Cross right over left, step straight back on left

RIGHT DIAGONAL LOCK SHUFFLE, LEFT DIAGONAL LOCK SHUFFLE

- 5&6 Lock shuffle forward (slight right diagonal) right, left, right
- 7&8 Lock shuffle forward (slight left diagonal) left, right, left

ROCK FORWARD, RECOVER, ½ TURN RIGHT, ½ SPIN ON RIGHT

- 1-2 Rock forward on right, recover back to left
- 3-4 Turn ½ right on ball of left and step forward on right, bend left knee and turn ½ to right on ball of right keeping left knee bent with left foot up next to right knee

If you have trouble keeping your balance do a rondé turn and let the left drag lightly on the floor as you turn

LEFT COASTER-STOMP, STEP-STOMP, STEP-STOMP

- 5&6 Step back on left, step together on right, stomp forward on left
- &7&8 Small step forward on right, stomp forward on left, small step forward on right, stomp forward on left

REPEAT