

Stoke Up The Jams

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Intermediate
編舞者: Neil Hale (USA)
音樂: Les yeux de ton père - Les Nègresses Vertes



Full name of dance is "Stoke Up The Jams, Here Comes The Cowgirls"

LEFT SIDE ROCK-STEP, CROSS TRIPLE, RIGHT SIDE ROCK-STEP, CROSS TRIPLE (TWICE)

Feet remain in crossed position during cross triples (counts 3&4 and 7&8) with body angled in direction of travel

- 1-2 Left rock-step side left; rock return weight to right foot
- &3&4 Drag left toe to front of right foot; left cross-step over right; right small step right; left small step right
- 5-6 Right rock step side right; rock return weight to left foot
- &7&8 Drag right toe to front of left foot; right cross-step over left; left small step left; right small step left
- 9-16 Repeat 1-8

MODIFIED MOONWALKS, HEEL SWITCH, HEEL DOWN, FORWARD TRIPLE (X 2)

On Moonwalks (counts 17-20), as you tap and slide toes backward, you should "push" toe into floor for proper styling and effects

- 17 Tap left toe forward and slide it backwards past right foot
- 18 Drop left heel to floor as you lift right heel and slide right toe backwards past left foot
- 19 Drop right heel to floor as you lift left heel and slide left toe backwards past right foot
- 20 Drop left heel to floor as you lift right heel and slide right toe backwards past left foot
- 21 Drop right heel to floor as you lift left heel
- 22 Drop left heel to floor
- 23&24 Right small step forward; left step next to right; right small step forward
- 25-32 Repeat 17-24

LEFT FORWARD ROCK-STEP, FULL TURN TRIPLE, CROSS TRIPLE, SIDE TRIPLE

During cross-triple (counts 37&38), feet remain in crossed position with body angled in direction of travel.

- 33-34 Left rock step forward; right rock-step back
- 35&36 Triple step in place (left-right-left) 1 full turn left
- 37&38 Right cross step over left; left small step left; right small step left
- 39&40 Left small step side left; right step next to left; left small step side left

RIGHT FORWARD ROCK-STEP, FULL TURN TRIPLE, CROSS TRIPLE, SIDE TRIPLE

During cross-triple (counts 45&46), feet remain in crossed position with body angled in direction of travel.

- 41-42 Right rock step forward; left rock step back
- 43&44 Triple step in place (right-left-right) 1 full turn right
- 45&46 Left cross step over right; right small step right; left small step right
- 47&48 Right small step side right; left step next to right; right small step side right

FULL TURN RUNNING MAN IN PLACE, SIDE SCOOT, SIDE STEP, SLIDE, SIDE TRIPLE (TWICE)

- 49& Left step in place; scoot back and to left while lifting right knee and beginning full turn left
- 50& Right step next to left; scoot back and to left while lifting left knee and continuing turn left
- 51& Left step next to right; scoot back and to left while lifting right knee and completing full turn left
- 52& Right step next to left; right scoot side left
- 53-54 Left long step side left; right slide next to left
- 55&56 Right small step side right; left step next to right; right small step side right

FORWARD TRIPLE (WITH PALM SNAPS), FORWARD TRIPLE (WITH PALM SNAPS), ROCK-STEP, ½ TURN BACK/LEFT TRIPLE

Palm snaps happen during and between forward triples on counts 65&66 and 67&68. Wrists are angled downward, and palms are one in front of the other, in front of and facing toward body. Fingers are open and palms are snapped out, in, out, in, out, in, out to correspond to these counts

- 65&66 Left small step forward; right step next to left; left small step forward
- 67&68 Right small step forward; left step next to right; right small step forward
- 69-70 Left rock step forward; right rock step back
- 71&72 Left step back into ¼ turn left; right step next to left; left step into ¼ turn left

FORWARD TRIPLE (WITH PALM SNAPS), FORWARD TRIPLE (WITH PALM SNAPS), ROCK-STEP, ½ TURN BACK/RIGHT TRIPLE

Palm snaps happen during and between forward triples on counts 73&74 and 75&76. Wrists are angled downward, and palms are one in front of the other, in front of and facing toward body. Fingers are open and palms are snapped out, in, out, in, out, in, out to correspond to these counts

- 73&74 Right small step forward; left step next to right; right small step forward
- 75&76 Left small step forward; right step next to left; left small step forward
- 77-78 Right rock step forward; left rock step back
- 79&80 Right step back into ¼ turn right; left step next to right; right step into ¼ turn right
- 81-94 Repeat counts 65-78
- 95&96 Triple step (right-left-right) with full turn to right

REPEAT

Music will end as you "drop right heel to floor and lift left heel" during modified cowgirl moonwalks. You will be facing opposite wall and you should pause for 3 more counts (22-24) during which there will be no music.
