

Swing It

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate/Advanced
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音樂: Hi De Ho - K7



Sequence: Start facing BACK wall. A, B(32 counts), AAB, Tag1, AAAB, Tag2, AA

PART A

WALK RIGHT LEFT, CHARLESTON STEPS, MASHED POTATOES

1-2 Walk forward right, left
3-4 Touch right forward, step back right
5-6 Touch left back, step forward left
&7 Step forward on the ball of right, swivel both heels in
&8 Step forward on the ball of left, swivel both heels in

TURN ¾, KICK & STEP, RUN RUN RUN, TURN & SWEEP

1-2 Step right forward, pivot ¾ left
3&4 Kick right to right, step ball of right next to left (knees together and to the left), step left forward
5&6 Run forward right-left-right
7&8 Pivot ½ turn right weight left, pivot ¼ turn right, sweep right behind left

SAILOR STEP TWICE, DIAGONAL LOCK STEP FORWARD TWICE (DOROTHY STEPS)

1&2 Step right behind left, step left in place, step right side right
3&4 Step left behind right, step right in place, step left side left
5&6 Lock right behind left, step left diagonally left, step right diagonally right
7&8 Lock left behind right, step right diagonally right, step left diagonally left

STEP TURN STEP, LOCK STEP FORWARD, TOUCH ROLL, TOUCH ROLL

1&2 Step right forward, turn ½ left, step right forward
3&4 Step left forward, lock right behind left, step left forward
5-6 Touch right toe forward, roll your hip full circle anti to the right
7-8 Touch left toe forward, roll your hip full circle to the right

There will be a floor split for Part B. The dance floor will be split in the center, so that dancers will be divided to the right & left side of the dance floor. Those on the right side will be the leaders and those on the left side will be the followers. Before they start the dance dancers will have to know which side they are on, as they start facing the back wall. Part B is always danced facing the front wall

PART B (RIGHT SIDE)

SHOUT, LISTEN, SHOUT, LISTEN

1-2 Cup right hand over mouth looking to left & pointing left index finger to left (leaning right)
3-4 Cup left hand over left ear (leaning left)
5-6 Cup right hand over mouth looking to left & pointing left index finger to left (leaning right)
7-8 Cup left hand over left ear (leaning left)

KICK & POINT HOLD, KICK & POINT HOLD

1&2 Kick right forward, step right next to left, point left to left
3-4 Hold
5&6 Kick left forward, step left next to right, point right to right
7-8 Hold

C BUMPS LEFT, HOLD

1&2& Feet together bump left hip up, return to center, bump left hip down, return to center

3&4& Repeat 1&2&

5-8 Hold

Arm styling: following hips with left hand, a small 'C' on 1&2&, then a big 'C' (extend arm) on 3&4 ending with left index finger pointing left and looking left

3 HOPS RIGHT THEN LEFT, HOLD

1&2 Hop on right to right 3 times, right index finger pointing up & sweeping right-left-right (windscreen wiper)

3&4 Hop on left to left 3 times, left index finger pointing up & sweeping left-right-left (windscreen wiper)

5-8 Hold

Restart Part A here 1st time dancing B

WALK, WALK, TWIRL HAND, POINT, HOLD

1&2 Step right forward point right index finger to right, bring right hand in, step left forward point right index finger to right

3& Step right together & roll right fist to the right twice at right waist

4 Point left index finger to left looking left

5-8 Hold

UP ROCK, JUMP, HOLD

1 Spring onto right (crossing right over left), hooking left behind right, facing diagonally left

& Spring back onto left, kicking right forward, facing front

2 Spring onto right, kicking left forward, facing front

& Spring onto left (crossing left over right), hooking right behind left, facing diagonally right

3 Spring back onto right, kicking left forward, facing front

& Spring onto left, kicking right forward, facing front

4 Spring both feet apart (weight on left)

5-8 Hold

Easier option:

1&2 Cross right over left, recover left, step right to right

3&4 Cross left over right, recover right, step left to left

PART B (LEFT SIDE)

LISTEN, SHOUT, LISTEN, SHOUT

1-2 Cup right hand over right ear (leaning right)

3-4 Cup left hand over mouth looking to right pointing right index finger right (leaning right)

5-6 Cup right hand over right ear (leaning right)

7-8 Cup left hand over mouth looking right pointing right index finger right (leaning left)

HOLD, KICK & POINT, HOLD, KICK & POINT

1-2 Hold

3&4 Kick right forward, step right next to left, point left to left

5-6 Hold

7&8 Kick left forward, step left next to right, point right to right

HOLD, C BUMPS RIGHT

1-4 Hold, feet together weight right

5&6& Bump right hip up, return to center, bump right hip down, return to center

7&8& Repeat 5&6&

Arm styling: following hips with right hand, a small 'C' on 5&6, then a big 'C' (extend arm) on 7&8 ending with right index finger pointing right and looking right

3 HOPS RIGHT THEN LEFT, HOLD

- 1-4 Hold, weight on left
5&6 Hop on right to right 3 times, right index finger pointing up & sweeping right-left-right (windscreen wiper)
7&8 Hop on left to left 3 times, left index finger pointing up & sweeping left-right-left (windscreen wiper)

Restart Part A here 1st time dancing B

HOLD, WALK, WALK, TWIRL HAND, POINT

- 1-4 Hold, feet together weight right
5-6 Step left forward point left index finger left (1), bring left hand in (&), step right forward point left index finger left
7& Step left together & roll left fist to the left twice at left waist
8 Point right index finger right looking right

HOLD, UP ROCK, JUMP

- 1-4 Hold, feet together weight left
5 Spring onto right (crossing right over left), hooking left behind right, facing diagonally left
& Spring back onto left, kicking right forward, facing front
6 Spring onto right, kicking left forward, facing front
& Spring onto left (crossing left over right), hooking right behind left, facing diagonally right
7 Spring back onto right, kicking left forward, facing front
& Spring onto left, kicking right forward, facing front
8 Spring both feet apart (weight on left)

Easier option:

- 5&6 Cross right over left, recover left, step right to right
7&8 Cross left over right, recover right, step left to left

TAG 1

- 1-4 Point right to right, ½ turn right on left step right together, point left to left, step left together

TAG 2

- 1-4 Point right to right, ½ turn right on left step right together, point left to left, step left together
5&6 Kick right to right, right ball next to left, step left forward keeping knees together and left
7&83 Short runs forward right-left-right, keeping knees together and turning knees to side as you run
9-12 Cross left over right (9), slow unwind full turn right (3 counts), weight right
13-14 Unwind ½ turn left, weight left

ENDING

The music will end with 1 more count (facing front wall), strike a pose
