

Tell Me Mama

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 2 級數: Improver line/contra dance
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Before You Accuse Me - Delbert McClinton



FORWARD SHUFFLES, STEP, KICK, STEP BACK, PIVOT

- 1&2 Shuffle forward (right, left, right)
3&4 Shuffle forward (left, right, left)
5-6 Step forward on right foot; kick left foot forward and slap hands with persons on either side of you
7-8 Step back on ball of left foot; pivot ½ turn to the left on balls of both feet and shift weight to left foot

MILITARY PIVOT TO THE LEFT, FORWARD SHUFFLE, TURNING SHUFFLE, ROCK STEP

- 9-10 Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

Contra lines switch sides in this section

- 11&12 Shuffle forward (right, left, right)
13&14 Shuffle forward (left, right, left) making a ½ turn to the right on these steps
15-16 Step back on right foot; rock forward onto left foot

TOE TOUCHES, MONTEREY TURN, MILITARY PIVOT TO THE LEFT

- 17-18 Touch right toe forward and diagonally to the right; touch right toe forward and diagonally to the left
19-20 Touch right toe to the right; pivot ½ turn to the right on ball of left foot and step right foot next to left
21-22 Touch left toe to the left; step left foot next to right
23-24 Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

STATIONARY KNEE POPS, FULL TURN TO THE RIGHT, ROCK STEP

- 25-26 With feet in place and weight on left foot, raise right heel and bend (pop) right knee slightly forward; rock back onto right heel and straighten right knee
27-28 With feet in place and weight on left foot, raise right heel and bend (pop) right knee slightly forward; rock back onto right heel and straighten right knee
& Rock forward onto ball of right foot and shift weight to left foot
29-30 Step back on right foot and begin a full turn to the right traveling back; step on left foot and complete full traveling turn to the right
31-32 Step back on right foot; rock forward onto left foot

REPEAT
