

They Danced

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate/Advanced
編舞者: Ann Fleming
音樂: They Dance! - Barry Manilow



Sequence: ABBB, Tag, ABBB, C, BBB, C, End

PART A

SIDE LUNGES, TOE TAPS, ROTATE KNEE OUT, IN & OUT

- 1-4 Step left to left with full weight, hold, transfer weight to right side with full weight, hold
- 5& Tap left toe beside right twice
- 6-7 Rotate left knee out, hold
- &8 Rotate left knee in, rotate left knee out

Arm styling - place hands on thighs during lunges

STEP TOUCHES, DIAGONAL WALK FORWARD, HITCH

- 1-2 Step left in place, touch right toe forward on diagonal
- 3-4 Step right beside left, touch left toe diagonally forward
- 5-8 Walk left, right, left forward on diagonal left, hitch right knee up

COASTER STEP, HOLD, SWEEP, FAST HEEL SPLIT

- 1-4 Step back on right, step left beside right, step right forward diagonally, hold
- 5-7 Sweep left toe out with a slow circular motion from back to front of right in 4th position
- &8 Twist raised heels out, twist heels in

Arm styling for counts 5-7 - raise arms out from sides during toe sweep, bring towards front center at waist level, then down with heel split

STEP TOUCHES, SWEEP DRAG & TOUCH

- 1-4 Step right back, touch left toe forward, step left back, touch right toe forward
- 5-6 Sweep right toe to right side with a semi circular motion while shifting weight to right (feet shoulder width apart)
- 7-8 Transfer weight to left bending knee slightly, drag right toe and touch beside left

VINE RIGHT WITH FULL TURN, CHASSÉ, ROCK STEP

- 1-4 Step right to right, cross left behind right, step to the side right, left making a full turn right
- 5&6 Step right to right, step left beside right, step right to right
- 7-8 Cross left behind right, recover weight on the right

VINE LEFT WITH FULL TURN, CHASSÉ, ROCK STEP

- 1-4 Step left to left, cross right behind left, step to the left left, right making a full turn left
- 5&6 Step left to left, step right beside left, step left to left
- 7-8 Cross right behind left, recover weight on the left

CHAINÉ TURN FORWARD, STEP FORWARD TOGETHER

- 1-2 Step forward on right, left making a full turn right
- 3-4 Step forward right, step left beside right as you pop your right knee

PART B

WALK, WALK, WALK, SWEEP ¼ TURN RIGHT, CROSS SHUFFLE, ROCK STEP

- 1-4 Walk forward right, left, right, making ¼ turn right, sweep left from back to front
- 5&6 Cross left over right, step right to right side, cross left over right
- 7-8 Step right to the right, recover weight on the left

Arm styling - during turn, raise arms with palms up

TWO SAILORS, CROSS, UNWIND ½ TURN RIGHT

- 1&2 Cross right behind left, step left to left, step right to the right
3&4 Cross left behind right, step right to right, step left to the left
5-8 Cross right behind left, unwind ½ turn right "slowly" for 3 counts

2nd ABBB sequence ends with a ¾ turn RIGHT to 12:00

TAG

DIAGONAL WEAVE, SWEEP, DIAGONAL WEAVE, ½ TURN, DIAGONAL WEAVE, SWEEP, DIAGONAL WEAVE

- 1&2&3 Cross left in front of right, (body will be angled to right diagonal corner at 3:00) step right to right, cross left behind right, step right to right, cross left in front of right
4 Sweep right toe out from back to in front of left
5&6&7 Cross right in front of left, step left to left, cross right behind left, step left to left, cross right in front of left
8 Pivot ½ turn on both balls to left, recover weight on right
- 1&2&3 Cross left in front of right, (body will be angled to right diagonal corner at 9:00) step right to right, cross left behind right, step right to right, cross left in front of right
4 Sweep right toe out from back to in front of left
5&6&7 Cross right in front of left, (body will be angled to right diagonal corner at 3:00 to left), step left to left, cross right behind left, step left to left, cross right in front of left,
8 Turning slightly left facing 6:00, hold

PART C

WEAVE, STOMPS, HEEL & TOE, HEEL SPLIT, HITCH

- 1&2 Cross right in front of left, step left to left, cross right behind left
&3&4 Step left to left, cross right in front of left, stomp left beside right twice
&5 Step left beside right, tap right heel diagonally forward
&6 Step right beside left, tap left toe diagonally back
&7& Touch left toe beside right, twist raised heels out, twist heels in
8 Hitch left knee up high (heel at knee level) as you place weight on right

WEAVE, STOMPS, HEEL & TOE, HEEL SPLITS, HITCH

- 1&2 Cross left in front of right, step right to right, cross left behind right
&3&4 Step right to right, cross left & in front of right, stomp right beside left twice
&5 Step right beside left, tap left heel diagonally forward
&6 Step left beside right, tap right toe diagonally back
&7& Touch right toe beside left, twist raised heels out, twist heels in
8 Hitch right knee up high (heel at knee level) as you place weight on left

1st C sequence is to one wall. 2nd C sequence is to four walls. Count 8 is modified hitch right knee up as you pivot on left ball ¼ turn left

END DANCE

During right knee hitch, pivot quickly on left ball ½ turn left. Step right forward in front of left in 4th position facing 12:00

Arm styling - extend arms forward with palms open
