

Third Rock From The Sun

COPPERKNOB
STEPSHEETS

拍數: 60 牆數: 4 級數:
編舞者: Marie Noe (USA)
音樂: Third Rock from the Sun - Joe Diffie



CHURCH LADY STEPS

- 1-2 Step forward with your right foot as you roll your hip to the right
- 3-4 Step forward with your left foot as you roll your hip to the left
- 5-6 Step forward with your right foot as you roll your hip to the right
- 7-8 Step forward with your left foot as you roll your hip to the left

HEEL HOOKS & HEEL SWIVELS

- 1 Touch right heel forward
- 2 Hook right heel up to left knee
- 3 Touch right heel forward
- 4 Touch right foot together
- 5 Swivel both heels to the right
- 6 Swivel both heels back to center
- 7 Swivel both heels to the right
- 8 Swivel both heels back to center

- 1 Touch left heel forward
- 2 Hook left heel up to right knee
- 3 Touch left heel forward
- 4 Touch left foot together
- 5 Swivel both heels to the left
- 6 Swivel both heels back to center
- 7 Swivel both heels to the left
- 8 Swivel both heels back to center

ROLLING VINES & HEEL TOUCHES

- 1 Stepping to the right, start your full turn to the right
- 2 Still traveling to the right, step with your left foot continuing your turn
- 3 Stepping onto your right foot, you will have completed your full turn
- 4 Touch your left heel forward
- 5 Shift your weight onto your left foot & touch your right heel forward
- 6 Shift your weight onto your right foot & touch your left heel forward
- 7 Clap
- 8 Clap

- 1 Stepping to the left, start your full turn to the left
- 2 Still traveling to the left, step with your right foot continuing your turn
- 3 Stepping onto your left foot, you will have completed your full turn
- 4 Touch your right heel forward
- 5 Shift your weight onto your right foot & touch your left foot forward
- 6 Shift your weight onto your left foot & touch your right foot forward
- 7 Clap
- 8 Clap

BACK STEPS & CLAPS

- 1 Step diagonally back with your right foot

- 2 Step together with your left foot as you clap
- 3 Step diagonally back with your left foot
- 4 Step together with your right foot as you clap
- 5 Step diagonally back with your right foot
- 6 Step together with your left foot as you clap
- 7 Step diagonally back with your left foot
- 8 Step together with your right foot as you clap

HIP GRINDS & STOMPS

- 1 Do a hip grind to the left
- 2 Do a hip grind to the left
- 3 Do a hip grind to the left
- 4 Do a hip grind to the left

These hip grinds are from a 12:00 position to a 9:00 position to a 6:00 position to a 3:00 position, back to a 12:00 position. Do not roll as if you were using a hula hoop.

- 5 Stepping with your right foot, make a $\frac{1}{4}$ turn to the right
- 6 Stomp up together with your left foot
- 7 Stepping with your left foot, make a $\frac{1}{2}$ turn to the left
- 8 Stomp up together with your right foot

You are now facing your new wall.

- 1 Feet & knees together twist down to the right
- 2 Feet & knees together twist down to the left
- 3 Feet & knees together twist up to the right
- 4 Feet & knees together twist up to the left

REPEAT
