

Too Much Stuff

COPPER KNOB
BY SHEETS

拍數: 96 牆數: 1 級數: Advanced
編舞者: Carol Mckee (AUS)
音樂: Too Much Stuff - Delbert McClinton



There is a 32 beat count in of slow piano, then the dance "Introduction" starts on the boogie woogie piano. The "Dance" then continues with the start of the vocals

INTRO

APPLE JACKS (OPTIONAL EXTENDED HEEL SPLITS)

- 1-2 Twist left toe to left, twisting right heel inwards at the same time, twist both feet back to center
- 3-4 Twist right toe to right, twisting left heel inwards at the same time, twist both feet back to center
- 5-6 Twist left toe to left, twisting right heel inwards at the same time, twist both feet back to center
- 7-8 Twist right toe to right, twisting left heel inwards at the same time, twist both feet back to center

TOE STRUTS (MOVING FORWARD), TOE TOUCHES

- 9-12 Touch right toe forward, drop right heel, touch left toe forward, drop left heel
- 13-16 Touch right toe to right side, step right next to left, touch left toe to left side, step left next to right

TOE STRUTS (MOVING FORWARD), APPLE JACKS (OPTIONAL EXTENDED HEEL SPLITS)

- 17-20 Touch right toe forward, drop right heel, touch left toe forward, drop left heel
- 21-22 Twist left toe to left, twisting right heel inwards at the same time, twist both feet back to center
- 23-24 Twist right toe to right, twisting left heel inwards at the same time, twist both feet back to center

APPLE JACKS (OPTIONAL EXTENDED HEEL SPLITS), TOE STRUTS (MOVING FORWARD)

- 25-26 Twist left toe to left, twisting right heel inwards at the same time, twist both feet back to center
- 27-28 Twist right toe to right, twisting left heel inwards at the same time, twist both feet back to center
- 29-32 Touch right toe forward, drop right heel, touch left toe forward, drop left heel

STEP, TURN, TOE STRUT (MOVING FORWARD), STEP TURN, TOE STRUT (MOVING FORWARD)

- 33-34 Step forward right, step back on left
- 35-36 Turning ½ turn right, touch right toe forward, drop right heel
- 37-40 Step forward on left, pivot ½ turn right (weight on right), touch left toe forward, drop left heel

STEP, TURN, TOE STRUT (MOVING FORWARD), STEP TURN, TOE STRUT (MOVING FORWARD)

- 41-42 Step forward right, step back on left
- 43-44 Turning ½ turn right, touch right toe forward, drop right heel
- 45-48 Step forward on left, pivot ½ turn right (weight on right), touch left toe forward, drop left heel

End of introduction: start dance "too much stuff"

THE MAIN DANCE

TOE-HEEL, KICK-HEEL, TOE-HEEL, HEEL, TOE-HEEL, HEEL, TOE-HEEL, HEEL

- 1 Touch right toe next to left, lifting left heel at same time
- 2 Kick right foot forward 45 degrees, drop left heel at same time
- 3-4 Touch right toe back, lifting left heel at same time, drop left heel
- 5-6 Touch right toe forward, lifting left heel at same time, drop left heel
- 7-8 Touch right toe back, lifting left heel at same time, drop left heel

STEP, STEP, FAN, STEP, STEP, FAN, STEP, STEP, STEP, ROCK

- 9-10 Step right across left, step left to left lifting right toe and fanning out at same time
11-12 Step right across left, step left to left lifting right toe and fanning out at same time
13-16 Step back right, cross step left over right, step right to right, rock back onto left

STEP, STEP, FAN, STEP, STEP, FAN, STEP, STEP, STEP, ROCK

- 17-18 Step right across left, step left to left lifting right toe and fanning out at same time
19-20 Step right across left, step left to left lifting right toe and fanning out at same time
21-24 Step back right, cross step left over right, step right to right, rock back onto left

STEP, TURN, TOE STRUT (MOVING FORWARD), STEP TURN, TOE STRUT (MOVING FORWARD)

- 25-26 Step forward right, step back on left
27-28 Turning ½ turn right, touch right toe forward, drop right heel
29-32 Step forward on left, pivot ½ turn right (weight on right), touch left toe forward, drop left heel

STEP, TURN, TOE STRUT (MOVING FORWARD), STEP TURN, TOE STRUT (MOVING FORWARD)

- 33-34 Step forward right, step back on left
35-36 Turning ½ turn right, touch right toe forward, drop right heel
37-40 Step forward on left, pivot ½ turn right (weight on right), touch left toe forward, drop left heel

STEP, ROCK, TOE HEEL, STEP, ROCK, TOE HEEL

- 41-44 Step right to right, step back onto left, touch right toe behind left, drop right heel
45-48 Step left to left, step back onto right, touch left toe behind right, drop left heel

RIGHT - VINE WITH SCUFF, TURN full turn, SWING RIGHT

- 49-52 Step right to right, step left behind right, step right to right, scuff left over right
53-55 Turn full turn to right, stepping left-right-left
56 Swing right leg in ½ circle to back

LEFT - VINE WITH SCUFF, LEFT - VINE WITH SCUFF

- 57-60 Step right behind left, step left to left, step right over left, scuff left to left
61-64 Step left to left, step right behind left, step left to left, scuff right over left

TURN full turn, SWING LEFT, RIGHT - VINE WITH SCUFF

- 65-67 Turn full turn left, stepping right-left-right
68 Swing left leg in ½ circle to back
69-72 Step left behind right, step right to right, step left over right, scuff right forward 45 degrees

STEP, TAP, STEP, KICK, SWING, LEFT - VINE WITH SCUFF

- 73-74 Step right forward 45 degrees right, tap left toe behind right
75-76 Step back left, kick right foot forward 45 degrees
77-78 Swing & step right foot around behind left, step left to left
79-80 Step right over left, scuff left forward 45 degrees

STEP, TAP, STEP, KICK, SWING, RIGHT - VINE WITH STOMP

- 81-82 Step left forward 45 degrees left, tap right toe behind left
83-84 Step back right, kick left foot forward 45 degrees
85-86 Swing & step left foot around behind right, step right to right
87-88 Step left over right, stomp right next to left

APPLE JACKS (OPTIONAL EXTENDED HEEL SPLITS)

- 89-90 Twist left toe to left, twisting right heel inwards at the same time, twist both feet back to center
91-92 Twist right toe to right, twisting left heel inwards at the same time, twist both feet back to center

93-94 Twist left toe to left, twisting right heel inwards at the same time, twist both feet back to center
95-96 Twist right toe to right, twisting left heel inwards at the same time, twist both feet back to center

REPEAT
