

Too Much Trouble

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michael McChord (UK)
音樂: Bury The Shovel (Dance Mix) - Clay Walker



COOL RUNNING MAN STEPS

- 1 Jump feet apart, placing right foot diagonally-forward right, and left foot diagonally-back left
& Bring feet together, hitching left knee
- 2 Jump feet apart, placing left foot diagonally-forward left, and right foot diagonally-back right
& Bring feet together, hitching right knee
- 3 Jump feet apart, placing right foot diagonally-forward right, and left foot diagonally-back left
& Bring feet together, hitching right knee
- 4 Jump feet apart, placing right foot diagonally-forward right, and left foot diagonally-back left
& Bring feet together, hitching left knee
- 5 Jump feet apart, placing left foot diagonally-forward left, and right foot diagonally-back right
& Bring feet together, hitching right knee
- 6 Jump feet apart, placing right foot diagonally-forward right, and left foot diagonally-back left
& Bring feet together, hitching left knee
- 7 Jump feet apart, placing left foot diagonally-forward left, and right foot diagonally-back right
& Bring feet together, hitching right knee
- 8 Jump feet apart, placing left foot diagonally-forward left, and right foot diagonally-back right
& Bring feet together, hitching right knee

KICK-BALL-POINTS (THESE ARE AN ALTERNATIVE TO THE COOL RUNNING MAN STEPS)

- 1&2 Kick right foot forward, step on ball of right foot beside left, touch left foot out to left side
- 3&4 Kick left foot forward, step on ball of left foot beside right, touch right foot out to right side
- 5&6 Kick right foot forward, step on ball of right foot beside left, touch left foot out to left side
- 7&8 Kick left foot forward, step on ball of left foot beside right, touch right foot out to right side

HEEL TOUCH, TURNING TOE TOUCH, STEP TOGETHER

- 9 Touch right heel forward
- 10 Touch right toe back and turn ½ right on ball of left foot
- 11 Touch right heel forward
- 12 Step on right foot in place

HEEL TOUCH, TURNING TOE TOUCH, STEP TOGETHER

- 13 Touch left heel forward
- 14 Touch left toe back and turn ½ left on ball of right foot
- 15 Touch left heel forward
- 16 Step on left foot in place

ROCK FORWARD, ROCK BACK

- 17 Rock forward onto right foot
- 18 Recover weight onto left foot

- 19 Rock back on right foot
- 20 Recover weight to left foot

SYNCOPATED ROCK STEPS, AND STOMP

- 21 Rock forward onto right foot
- & Recover weight onto left foot
- 22 Rock back on right foot
- & Recover weight to left foot
- 23 Rock forward onto right foot
- & Recover weight to left foot
- 24 Stomp right foot beside left

"DWIGHT MCCHORD" STEPS

- 25 Swivel left toes to right side, lifting right foot from floor
- & Swivel left heel to right side, and touch right foot beside left
- 26 Swivel left toes to right side, lifting right foot from floor
- & Swivel left heel to right side, and touch right foot beside left

STEP RIGHT, TOUCH TOGETHER

- 27 Step on right foot slightly to right side
- 28 Touch left foot beside right (weight remains on right foot)

3-STEP 1 ¼ TURN TO LEFT, AND JUMP!

- 29 Step on left foot turning ½ left
- 30 Step on right foot turning ¼ left
- 31 Step on left foot turning ½ left
- 32 Jump forward on both feet

REPEAT
