

Tough Enough?

COPPER KNOB
STEPPERS

拍數: 0 牆數: 4 級數: Advanced
編舞者: Ari Salonen
音樂: Ain't Goin' Down (Till The Sun Comes Up) - Garth Brooks



SECTION A

HIP BUMPS

- 1-2 Hip bumps right, hold
- 3-4 Hip bumps left, hold
- 5-6 Hip bumps rights, left, bending knees little
- 7-8 Hip bumps right, left, bend knees (little more)

FORWARD CROSS JUMPS, BODY ROLL UP

- 9-10 Jump forward open legs, jump forward cross legs right foot over left
- 11-12 Jumps back open legs, jump back cross legs right foot behind left
- 13-14 Turning $\frac{1}{4}$ right body roll up (knees bended, thrust hips forward and straighten knees, pull hips back and bend knees, keep weight on right foot)
- 15-16 Body roll up (like above, weight still on right foot)

PIVOT TURNS WITH CLAP

- 17-18 Left step back, right step back front of left foot
- 19-20 $\frac{1}{2}$ pivot left, hip bumps to right (weight on left foot) and clap
- 21-22 Right step forward, left step forward behind right foot
- 23-24 $\frac{1}{2}$ pivot left, hip bumps to right (weight on left foot) and clap

BACKWARD TOE HEEL STRUTS, ROCK STEP

- 25-26 Right toe back, heel down and snap fingers
- 27-28 Left toe back, heel down and snap fingers
- 29-30 Right toe back, heel down and snap fingers
- 31-32 Rock left foot back, rock back to right foot while turning $\frac{1}{4}$ right

FORWARD TOE HEEL STRUTS

- 33-34 Touch left toe forward, heel down snap fingers
- 35-36 Touch right toe forward, heel down snap fingers
- 37-38 Touch left toe forward, heel down snap fingers
- 39-40 Touch right toe forward, heel down snap fingers

CROSS GRAPEVINE

- 41-42 Step left to right over right foot, step right to right next to left
- 43-44 Step left to right behind right foot, clap
- 45-46 Step right to left behind left foot, step left to left next to right foot
- 47-48 Step right to left over left foot, clap

SECTION B

$\frac{1}{2}$ PIVOT, ROCK STEPS

- 1-2 Left step forward, $\frac{1}{2}$ pivot right
- 3-4 Left step forward, $\frac{1}{2}$ pivot right
- 5-6 Rock step left foot forward, rock step back to right foot
- 7-8 Rock step left foot back, rock step back to right foot

SLOW CROSS GRAPEVINE

- 9-10 Step left foot right over right foot, hold

- 11-12 Step right foot right next to left foot, hold
- 13-14 Step left foot right behind right foot, hold
- 15-16 Stomp right foot next to left, stomp left foot

REPEAT SECTION A

**SECTION C
APPLE JACKS**

- 1-2 Fan left toe and right heel to left side, fan left toe and right heel to right side
- 3-4 Fan right toe and left heel to right side, fan right toe and left heel to left side
- 5 Fan right toe and left heel to right side
- & Fan right toe and left heel to left side
- 6 Fan left toe and right heel to left side
- & Fan left toe and right heel to right side
- 7 Fan right toe and left heel to right side
- & Fan right toe and left heel to left side
- 8 Fan right toe to right side and hook left heel across in front of right leg

STOMPS, JUMPING JACKS

- 9-10 Stomp left foot forward left, hold
- 11-12 Stomp right foot next to left and bend knees, straighten knees and step right foot back right
- 13-14 Jump left foot backward left and touch right heel forward right, jump feet together
- 15-16 Jump left foot backward left and touch right heel forward right, jump feet together crossing legs right foot over left

½ PIVOTS, JUMPING JACKS

- 17-18 ½ pivot left and hip bumps to right
- 19-20 Jump right foot backward right and touch left heel forward left, jump feet together
- 21-22 Jump right foot backward right and touch left heel forward left, jump feet together crossing legs left foot over right
- 23-24 ½ pivot right and hip bumps to left

BACKWARD TOE HEEL STRUTS, ROCK STEP

- 25-26 Right toe back, heel down and snap fingers
- 27-28 Left toe back, heel down and snap fingers
- 29-30 Right toe back, heel down and snap fingers
- 31-32 Rock left foot back, rock back to right foot while turning ¼ right

FORWARD TOE HEEL STRUTS

- 33-34 Left toe forward, heel down snap fingers
- 35-36 Right toe forward, heel down snap fingers
- 37-38 Left toe forward, heel down snap fingers (keep weight on right foot)
- 39-40 Stomp left foot forward left, hold

STOMP, JUMPING JACKS

- 41-42 Stomp right foot next to left bending knees, straighten knees and step right foot back right
- 43-44 Jump left foot backward left and touch right heel forward right, jump feet together
- 45-46 Jump left foot backward left and touch right heel forward right, jump feet together

REPEAT SECTION A TWO TIMES

The last steps (47-48) stomp left foot next to right so you can start section a hip bumps

REPEAT SECTION A STEPS 1-26

Step the last toe heel strut next to left foot so you can start apple jacks

REPEAT SECTION C
REPEAT SECTION B
REPEAT SECTION A

REPEAT SECTION B WITH STEPS: (B)

17-18 Step right foot left behind left foot, hold
19-20 Step left foot left next to right foot, hold
21-22 Step right foot left over left foot, hold
23-24 Stomp left foot next to right foot, stomp right foot

REPEAT SECTION C
