

Turn Me Loose

COPPER KNOB
BY STEPSHEETS

拍數: 48 牆數: 4 級數:
編舞者: Peter Metelnick (UK)
音樂: The Jock Jam



KICK-STEPS, CROSS, UNWIND, SIDE SHUFFLE LEFT, STEP-HEEL, STEP-CROSS

- 1& Kick right foot across left leg, step right foot together
2& Kick left foot across right leg, step left foot together
3 Cross right foot over left foot and step
4 Unwind $\frac{1}{2}$ to left with weight on right foot (clap optional)
5&6 Side shuffle to left, left-right-left (step left foot to left, step right foot together, step left foot to left)
&7 Step back on right foot, touch left heel forward
&8 Step back on left foot, cross right foot over left foot and step

$\frac{1}{4}$ TURN LEFT, FORWARD SHUFFLE, PIVOT TURN, STOMP TWICE, MODIFIED RUNNING MAN

- 9&10 Turn $\frac{1}{4}$ left and shuffle forward, left-right-left (step left foot forward, step right foot together, step left foot forward)
11 Step right foot forward
12 Pivot $\frac{1}{2}$ to left on right foot and step down on left foot
13-14 Stomp right foot forward, stomp left foot forward
&15 Hitch right knee up and slide left foot back, step right foot slightly forward
&16 Hitch left knee up and slide right foot back, step left foot slightly forward

CROSS-ROCK-STEP, CROSS-ROCK-STEP, APART, TOGETHER, KICK-BALL-CHANGE

- 17&18 Cross right foot over left foot and rock forward, recover weight on left foot, step right foot together
19&20 Cross left foot over right foot and rock forward, recover weight on right foot, step left foot together
&21 Moving slightly backward, step right foot to right side, step left foot to left side
&22 Continuing to move backward, step right foot in, step left foot together
23&24 Kick right foot forward, step back on ball of right foot, step left foot together

$\frac{1}{2}$ PIVOT TURN, RIGHT HEEL ROCK, RIGHT COASTER STEP, $\frac{1}{2}$ PIVOT TURN

- 25-26 Step right foot forward, pivot $\frac{1}{2}$ to left on right foot and step down on left foot (left foot is forward)
27 Rock forward on right heel
28 Recover weight on left foot
29&30 Step back on right foot, step left foot together, step right foot forward
31-32 Step left foot forward, pivot $\frac{1}{2}$ to right on left foot and step down on right foot (right foot is forward)

LEFT HEEL ROCK, LEFT COASTER STEP, RIGHT FORWARD SHUFFLE, FORWARD FULL SPIN RIGHT

- 33 Rock forward on left heel
34 Recover weight on right foot
35&36 Step back on left foot, step right foot together, step left foot forward
37&38 Shuffle forward, right-left-right (step right foot forward, step left foot together, step right foot forward)
39-40 Step left foot forward, turning $\frac{1}{2}$ to right, complete full turn by stepping on right foot and turning $\frac{1}{2}$ to right (continuing in forward direction)

MEXICAN HAT DANCE, HEEL TOUCHES, SHUFFLE BACK, $\frac{1}{2}$ TURN TO BACK, STEP TOGETHER

- 41& Touch left heel forward, step left foot together
- 42& Touch right heel forward, step right foot together
- 43-44 Touch left heel forward 2 times (weight on right foot)
- 45&46 Step back on left foot, step right foot together, step back on left foot
- 47-48 Step right foot back, turning ½ to right, step left foot together

REPEAT

Peter suggests trying the steps below as a funky alternative for the last 8 counts:

MEXICAN HAT DANCE, HEEL-STEP-HEEL, FUNKY HOPS AND ½ TURN

- 41& Touch left heel forward, step left foot together
 - 42& Touch right heel forward, step right foot together
 - 43&44 Touch left heel forward, step left foot together, touch right heel forward
 - &45 Hitch right knee up and hop back on left foot, step right foot back
 - &46 Hitch left knee up and hop back on right foot, step left foot back
 - &47 Hitch right knee up and hop back on left foot turning ½ to right, step right foot forward
 - &48 Hitch left knee up and hop back on right foot, step left foot down
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