

Turned On

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Kathy Dressel (USA)
音樂: I Left Something Turned On At Home - Trace Adkins



LUNGES

- 1 Lunge right foot out to right side
- 2 Step right foot next to left
- 3 Lunge left foot out to left side
- 4 Step left foot next to right
- 5 Making $\frac{1}{4}$ turn to left on ball of left foot, lunge right foot out to right (facing 9:00)
- 6 Step right foot next to left
- 7 Lunge left foot out to left side
- 8 Step left foot next to right

MONTEREY TURNS

- 9 Touch right foot out to right side
- 10 Make $\frac{1}{2}$ turn to right on ball of left foot and step right foot next to left
- 11 Touch left foot out to side
- 12 Step left foot next to right
- 13-16 Repeat steps 9-12

KICK-BALL CHANGES AND TURNS

- 17 Kick right foot forward
- & Step ball of right foot next to left
- 18 Step left foot in place next to right
- 19 Step right foot forward
- 20 Make $\frac{1}{2}$ turn to left, switching weight to left foot
- 21-24 Repeat steps 17-20

JUMPS

- &25 Jump forward: right foot, left foot
- 26 Clap
- &27 Jump back: right foot, left foot
- 28 Clap
- &29 Jump back: right foot, left foot
- 30 Clap
- &31 Jump back: right foot, left foot
- 32 Clap

STEP AND HOLDS

- 33-34 Point right toe to right and hold
- & Step right foot next to left
- 35-36 Point left toe to left and hold
- & Step left foot next to right
- 37-38 Touch right heel forward and hold
- & Step right foot next to left
- 39-40 Touch left toe back and hold

QUARTER TURNS

- & Step left foot small step forward

- 41 Step right foot forward
- 42 Make $\frac{1}{4}$ turn to left, switching weight to left foot
- 43 Step right foot forward
- 44 Make $\frac{1}{4}$ turn to left, switching weight to left foot

STOMP AND BOUNCE

- 45 Stomp right foot next to left (switch weight to right foot)
- 46 Stomp left foot next to right
- 47-48 With balls of both feet on floor, bounce heels twice, ending with weight on left foot

REPEAT
