

2001-The Bc Coaster

COPPER KNOB
BY SHEETS

拍數: 52 牆數: 4 級數: Advanced
編舞者: Bill Bader (CAN)
音樂: Sold - John Michael Montgomery



See special ending below for this original version of the song. Please do not use a longer remix

2 SHUFFLES FORWARD, STEP FORWARD, ROCK BACK, ROLLING TRIPLE BACK 1-¼

1&2-3&4 Shuffles forward: right-left-right, left-right-left
5-6 Step right forward, rock back onto left
7&8 Rolling turn right-left-right traveling back toward 6:00 while turning 1 ¼ right (3:00)

Suggestion: teach this initially as a ¼ turn to a side-together-side.

Helpful hint: all 3 big turns (one here and two in the last section) end facing your "right shoulder wall"

2 HEEL JACKS ("BACK-HEEL-FORWARD-TOE"), 2 "VAUDEVILLE" VINES (RIGHT, LEFT)

&1&2 Step left back, touch right heel forward, step forward onto right, touch left toe directly behind right heel
&3&4 Repeat &1&2: heel jack (back, heel, forward, toe)
&5&6 Step left diagonally back/left, touch right heel forward/right, sidestep right, cross-step left behind
&7&8 Step right diagonally back/right, touch left heel forward/left, sidestep left, cross-step right behind

BACK, HEEL, DWIGHT SWIVELS TRAVELING RIGHT ("TOE, HEEL, TOE")

&1 Step left diagonally back/left, touch right heel forward/right
2 Swivel left heel right & simultaneously touch right toe beside left (knee in)
3 Swivel left toe right & simultaneously touch right heel beside left (knee out)
4 Swivel left heel right & simultaneously touch right toe beside left (knee in)

2 "ROLLER COASTERS" (HIP ROLL TURNING ¼ LEFT, COASTER STEP)

1 Step right forward and begin an to the left hip roll taking hips to right
&2 Continue hip roll to left, then right turning smoothly ¼ left (12:00)
3&4 Coaster step back-together-forward on left-right-left
5&6-7&8 Repeat 1&2, 3&4: "roller coaster" (9:00)

TOUCH, HOLD, STEP, TOUCH, HOLD, STEP, HEEL, SCOOT, TOE, SCOOT, HEEL, SCOOT, TOE

1-2 Touch right toe to right side, hold
&3-4 Step right beside left, touch left toe to left side, hold
&5 Step left beside right, touch right heel forward
&6 Scoot/slide left back with right knee raised, touch right toe back
&7 Scoot/slide left back with right knee raised, touch right heel forward
&8 Scoot/slide left back with right knee raised, touch right toe back

SCOOT FORWARD, FORWARD SHUFFLE, SCUFF-SCOOT-STEP; SLIDE, STEP, SLIDE, STEP

& Scoot/slide left forward with right knee raised
1&2 Shuffle forward: right-left-right
3&4 Scuff left forward, scoot/slide right forward with left knee raised, step left forward
5 Slide right forward with toe angled to right diagonal to contact right instep against left heel.
Slide ends weighted right
6 Small step left forward (toe straight forward)
7-8 (43-44) Repeat 5-6: slide right, step left

Note: for 5-8, the slide-step-slide-step pattern (5-8) sets up a natural, slight rocking motion of upper body: (5)

back, (6) forward, (7) back, (8) forward

2X: STOMP-BACK-FORWARD, STEP FORWARD TO SPIN $\frac{3}{4}$ TO THE LEFT, STEP FORWARD

- 1 Stomp up right heel beside left (not a flat-footed stomp)
- &2 Step toe/ball of right back, step slightly forward onto left
- 3 Step right toe/ball forward spinning $\frac{3}{4}$ left (see helpful hint after first section.) (12:00)
- 4 Step left forward
- 5&6-7-8 Repeat 1&2, 3-4. End toward 3:00 wall

REPEAT

Special ending for "Sold". As the original album version of the song ends, you are finishing the next to the last section

- &8 (&44) Stomp down left beside right, stomp down right beside left
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