

Upside Inside Out

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 4 級數: Intermediate
編舞者: Nicola McQuillan
音樂: Yes - Merry Clayton



ROCK FORWARD RIGHT, ROCK BACK RIGHT, WALKS TO DIAGONALS

1-2 Rock right foot forward, recover weight on left
3-4 Rock right foot back, recover weight on left
5-6 Step right foot to left diagonal, hold for 1 count
7-8 Step left foot to right diagonal, hold for 1 count

STEP, TOE TOUCH, HOLD, HIP CIRCLE LEFT, ¼ TURN COASTER STEP, ¼ PIVOT

&1-2 Step right foot to right side, touch left toe to left side, hold for 1 count
3-4 Hip circle left
5&6 Step left foot back a ¼ left, step right foot beside left, step forward left
7-8 Step right foot forward, pivot a ¼ turn left

1-16 Repeat previous counts 1-16

STEP WITH SNAKE ROLL, SAILOR STEP, HITCH, TOE TOUCH (TWICE)

1-2 With a snake roll to the right, step right foot to right side, raise left foot slightly off the floor
3-4 With a snake roll to the left, step left foot to left side, raise right foot slightly off the floor

Alternatively, replace the snake rolls with shoulder shakes, or 'shimmies'

5&6 Right sailor step
7-8 Hitch left knee, touch the ball of the left foot to the left side

2 X KNEE ROLLS, SAILOR STEP, HITCH, ¼ TURN STEP

1-4 2 left knee rolls
Optional - add left hip rolls as you roll the knee
5&6 Left sailor step
7-8 Hitch right knee, step right foot a ¼ turn to the right side

ROCK, RECOVER, STEP ½ TURN, HOLD

1-2 Rock left foot forward, recover weight on right
3-4 Step left foot a ½ turn left, hold for 1 count
5-6 Rock right foot forward, recover weight on left
7-8 Step right foot a ½ turn right, hold for 1 count

ROCK, RECOVER, STEP ½ TURN, HOLD, ¼ PIVOT, ¼ PIVOT

1-2 Rock left foot forward, recover weight on right
3-4 Step left foot a ½ turn left, hold for 1 count
5-6 Step right foot forward, ¼ pivot left
7-8 Step right foot forward, ¼ pivot left

STAMP, HOLD, STAMP, HOLD, STAMPS MOVING FORWARD

1-2 Stamp right foot to left diagonal, hold for 1 count
3-4 Stamp left foot to left diagonal, hold for 1 count
5-6 Stamp right foot forward, stamp left foot forward
7-8 Repeat counts 5-6

KICK FORWARD, KICK SIDE, KICK SIDE, KICK FORWARD

1-2 Kick right foot forward, step right foot back

- 3-4 Kick left foot to left side, step left foot behind right
- 5-6 Kick right foot to right side, step right foot behind left
- 7-8 Kick left foot forward, step left foot back

REPEAT
