

Van Go

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數:
編舞者: Michele Perron (CAN)
音樂: Precious Time - Van Morrison



FORWARD-KICK, BACK-TOUCH, BACK-TOGETHER-FORWARD, TURN-TOUCH

1-2 Right step forward, left kick forward (with clap)

Option: knee hitch

3-4 Left step back, right touch beside left

5&6 Right step back, left step beside right, right step forward

7-8 Execute ¼ turn left with left step forward, right touch beside left

FORWARD-KICK, BACK-TOUCH, BACK-TOGETHER-FORWARD, TURN-TOUCH

9-10 Right step forward, left kick forward (with clap)

Option: knee hitch

11-12 Left step back, right touch beside left

13&14 Right step back, left step beside right, right step forward

15-16 Execute ¼ turn left with left step forward, right touch beside left

FORWARD-TOGETHER-BACK, BACK-TOUCH, BEHIND-SIDE-SIDE, BACK-TOUCH

17&18 Right step diagonal right forward

&18 Left step beside right, right step diagonal left back

Option: forward and back coaster step

19-20 Left step diagonal left back, right touch beside left

21 Right step behind and across left

&22 Left step to side left, right step to side right with ¼ turn left

23-24 Left step back, right touch beside left

FORWARD-TOGETHER-BACK, BACK-TOUCH, BEHIND-SIDE-SIDE, BACK-TOUCH

25 Right step diagonal right forward

&26 Left step beside right, right step diagonal left back

Option: forward and back coaster step

27-28 Left step diagonal left back, right touch beside left

29 Right step behind and across left

&30 Left step to side left, right step to side right with ¼ turn left

31-32 Left step back, right touch beside left

FORWARD-KNEE, FORWARD-KNEE, KICK AND LUNGE, HIP & HIP

33 Right step diagonal right forward

34 Left knee hitch across front of right

Keep knee position low and allow hips to twist right

35-36 Left step diagonal left forward, right knee hitch across front of left

Keep knee position low and allow hips to twist left

37 Right foot kicks across front of left to side left across front of left

& Right knee sweeps to side right (to the right rotation), right knee bent in front of left

Right foot to left side of left shin. Allow hips to twist right

38 Right toe/ball lunge/step to side right (allow shoulders to face 2:00)

39&40 Hip bump back to left, hip bump to center, hip bump back to left

FORWARD-TOUCH, TRIPLE FORWARD, TRIPLE BACK, TRIPLE TURN

41-42 Right step forward with ¼ turn right, left touch beside right

43 Left step slightly forward

&44 Right step beside left, left step slightly forward
45&46 Right step back, left step beside right, right step back
47 Left step to side left with $\frac{1}{4}$ turn left
&48 Right step beside left, left step forward with $\frac{1}{4}$ turn left

WALKS FORWARD: RIGHT,LEFT, TRIPLE TURN, WALKS BACK: LEFT-RIGHT-LEFT, TOUCH

49-50 Right step forward, left step forward
51 Right step forward
& Execute $\frac{1}{4}$ turn left with left step across front of right
52 Execute $\frac{1}{4}$ turn left with right step back
53-54 Left step back, right step back
55-56 Left step back, right touch beside left

Allow shoulders to face diagonal left

WALKS FORWARD: RIGHT,LEFT, TRIPLE TURN, WALKS BACK: LEFT-RIGHT-LEFT, TOUCH

57-58 Right step forward, left step forward
59 Right step forward
& Execute $\frac{1}{4}$ turn left with left step across front of right
60 Execute $\frac{1}{4}$ turn left with right step back
61-62 Left step back, right step back
63-64 Left step back, right touch beside left

Allow shoulders to face diagonal left

REPEAT
