

Wearier Posterier

COPPER KNOB
STEPSHEETS

拍數: 136 牆數: 2 級數: Improver
編舞者: Carole Zeneski (USA)
音樂: I Am a Man of Constant Sorrow - The Soggy Bottom Boys



TOE/HEEL JAZZ BOX; STOMPS

1-2 Right foot cross left and touch toe, drop heel
3-4 Left foot step back on toe, drop heel
5-6 Right foot step to side on toe, drop heel
7-8 Left foot step forward on toe, drop heel

1-6 Repeat steps 1-6
7-8 Stomp left, stomp right

REVERSE TOE/HEEL JAZZ BOX; STOMPS

1-2 Left foot cross right and touch toe, drop heel
3-4 Right foot step back on toe, drop heel
5-6 Left foot step to side on toe, drop heel
7-8 Right foot step forward on toe, drop heel

1-6 Repeat steps 1-6
7-8 Stomp right, stomp left

TWO RIGHT FANS; TWO LEFT FANS

1-2 Swivel right toe to right side; return to center
3-4 Swivel right toe to right side; return to center
5-6 Swivel left toe to left side; return to center
7-8 Swivel left toe to left side; return to center

STEP-SLIDE WITH SCUFF; STEP-SLIDE WITH SCUFF

1-2 Step right foot forward; slide left behind right
3-4 Step right foot forward; scuff left
5-6 Step left foot forward; slide right behind left
7-8 Step left foot forward; scuff right

BACK TOE/HEELS

1-2 Touch right toe back; drop heel
3-4 Touch left toe back; touch heel
5-6 Touch right toe back; drop heel
7-8 Touch left toe back; drop heel

STEP KICKS

1-2 Step forward on right foot; kick left foot forward
3-4 Step back on left foot; touch right toe back slightly
5-6 Step forward on right foot; kick left foot forward
7-8 Step back on left foot; touch right toe back slightly

HIP BUMPS

1-2 Step on right foot and bump right hip forward twice
3-4 Bump left hip backward twice (weight shifts to left foot)
5-6 Bump right hip forward twice (weight shifts to right foot)

7-8 Bump left hip backward twice (weight shifts to left foot)

BALANCE STEPS

1-2 Step forward (at slight angle) on right foot; touch left toe beside right

3-4 Step back on left foot; touch right toe beside left

5-8 Repeat steps 1-4

HEEL SPLITS, HAND JIVE

1-2 Step right foot to side; step left foot together

3-4 Swivel both heels apart; return heels home

5-6 Step left foot to side; step right foot together

7-8 Swivel both heels apart; return heels home

9-10 Slap both thighs twice

11-12 Clap hands together twice

13-14 Clap neighbor's hand twice (left palm up, right palm down)

15-16 Repeat claps in reverse (left palm down, right palm up)

WEAVE, HEEL KICKS

1-2 Step left foot to the side; cross right foot behind left

3-4 Step left foot to the side; cross right foot in front of left

5-6 Step left foot to the side; touch right toe next to left foot

7-8 Kick right foot twice

WEAVE, HEEL KICKS

1-2 Step right foot to the side; cross left foot behind right

3-4 Step right foot to the side; cross left foot in front of right

5-6 Step right foot to the side; touch left toe next to right foot

7-8 Kick left foot twice

HEEL/TOE SWIVELS, HOLD

1-2 Swivel both heels to the left; swivel both toes to the left

3-4 Swivel both heels to the left; hold

5-6 Swivel both heels to the right; swivel both toes to the right

7-8 Swivel both heels to the right; hold

VINE WITH ¼ TURN, BACK STEPS, TOUCH

1-2 Step right foot to the side; cross left foot behind right

3-4 Step on right foot while making ¼ turn (clock-wise); kick left

5-6 Step back on left; step back on right

7-8 Step back on left; touch right foot next to left

VINE WITH ¼ TURN, BACK STEPS, TOUCH

1-2 Step right foot to the side; cross left foot behind right

3-4 Step on right foot while making ¼ turn (clock-wise); kick left

5-6 Step back on left; step back on right

7-8 Step back on left; touch right foot next to left

REPEAT
