

# 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**

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