

West Coast Mixer (P)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 0 級數: Partner
編舞者: Jo Thompson Szymanski (USA) & Tim Szymanski (USA)
音樂: Dancin' Shoes - Ronnie McDowell



Position: In circle formation, couples start facing with mans back to center of circle. Man's Left and Lady's right hands are joined

MAN' STEPS

PUSH BREAK (SUGAR PUSH) (6 COUNT)

1-2 Step back left, small step back right

Keep left hand joined and as you take these steps, present your right hand forward at waist level

3&4 Rock back on ball of left, replace weight forward to right, step forward left

She will place her left hand in your right after you present it. On counts 3& you will compress by both leaning slightly in to each other keeping the elbows at the sides and the hands at waist level. On count 4 release her left / your right keeping your other hands joined

5&6 Anchor step by placing the right behind the left at a 45 degree angle (right toe out) and step in place right, left, right

CLOSED WHIP

1-2 Step back left, step right across in front of left

On counts 1-2 his left hand will draw a small circle to the right causing her to turn ½ right. By count 2 you will be hip to hip with her and will have placed your right hand on her left shoulder blade keeping your right elbow lifted, upper body rotated toward her

3&4 Facing the side of the slot, step left slightly to left side (weight mainly on ball of foot), turn right foot ¼ turn right stepping onto right, step left to side so that you are now facing opposite direction from where you started

On counts 3& the man's right arm will extend out to his right side with her as she steps back and then compress in to closed position as you face her on count 4. The joined hands should be near his hip

5-6 Turn ½ right on ball of left, stepping right forward, step left to left forward diagonal

Slightly before count 5 the man should look over his right shoulder to help create the momentum for the turn.

Keeping a strong frame with the right arm rotate your body and her body as one unit. On count 6, her shoulder blade will drift out of your right hand, keeping the other hands joined

7&8 Anchor step

UNDER ARM TURN (6 COUNT)

1-2 Step back left, step right across front of left

On count 2 bring joined hands toward lady's forehead rotating man's hand so that his palm is facing her. The man's upper body should also rotate toward the lady on count 2

3&4 Facing the side of the slot, step slightly to the left side (weight mainly on ball of foot), turn right foot ¼ right stepping onto right, step left to left side so that you are now facing opposite direction from where started

On counts 3&4 joined hands will smoothly go over her head and back down to waist level with the elbow bent at the side of the body

5&6 Anchor step

6 COUNT TURNING BASIC

1-4 The first 4 counts of a turning basic are exactly like the first 4 counts of the closed whip that was done earlier

Please see counts 1-4 of the closed whip

5&6 Turning ¼ right, step right to right side, step left together, step right to right side

On counts 5&6 her left hip will be at your right hip with the joined hands facing down the slot (out of the circle). This is Promenade or Swing Closed position

EAST COAST TUCK / RELEASE & MIX

1-2 Rock back on ball of left, replace weight forward on right

3-4 Touch left beside right, step left in place

On counts 1-2 release joined hands. On count 3 use your right hand which is at her right shoulder blade. To make her body turn slightly toward you. On count 4 she will roll out of your right hand toward the man on your right side

5&6 Anchor steps

Offer your left hand to the next lady coming to you from your left side, she will take it with her right

REPEAT

LADY'S STEPS

PUSH BREAK (SUGAR PUSH) (6 COUNT)

1-2 Step forward right, step forward left placing your hand in his

Keep left hand joined and as you take these steps, present your right hand forward at waist level

3&4 Turning body slightly right, step ball of right behind left, step slightly back with legs still crossed, step right back retuning body to center

She will place her left hand in your right after you present it. On counts 3& you will compress. By both leaning slightly in to each other keeping the elbows at the sides and the hands at waist level .on count 4 release her left / your right keeping your other hands joined

5&6 Anchor step by placing thee right behind the left at a 45 degree angle (right toe out) and step in place right-left-right

CLOSED WHIP

1-2 Step forward right, place left forward, turn ½ turn right shifting weight to left, placing left hand on front of man's right shoulder

On counts 1-2 his left hand will draw a small circle to the right causing her to turn ½ right. By count 2 you will be hip to hip with her and will have placed your right hand on her left shoulder blade keeping your right elbow lifted, upper body rotated toward her

3&4 Step back right, step left together, step forward right which will put your right between his feet

On counts 3& the man's right arm will extend out to his right side with her as she steps back and then compress in to closed position as you face her on count 4. The joined hands should be near his hip

5-6 Turn ½ on ball of right stepping back with left, step back right

Slightly before count 5 the man should look over his right shoulder to help create the momentum for the turn.

Keeping a strong frame with the right arm rotate your body and her body as one unit. On count 6, her shoulder blade will drift out of your right hand, keeping the other hands joined

7&8 Anchor steps

UNDER ARM TURN (6 COUNT)

1-2 Step forward right, left

On count 2 bring joined hands toward lady's forehead rotating man's hand so that his palm is facing her. The man's upper body should also rotate toward the lady on count 2

3&4 Step ball of right to right front diagonal, turn ¼ left stepping left across right (bring left heel forward) turning ¼ left step right to right side

After the joined hands go over your head, relax you right arm so that it goes across your chest and the down to waist level

5&6 Anchor step

6 COUNT TURNING BASIC

1-4 The first 4 counts of a turning basic are exactly like the first 4 counts of the closed whip that was done earlier

Please see counts 1-4 of the closed whip

5&6 Turning ¼ right, step left to left side, step right together, step left to left side

On counts 5&6 her left hip will be at your right hip with the joined hands facing down the slot (out of the circle). This is Promenade or Swing Closed position

EAST COAST TUCK / RELEASE & MIX

1-2 Rock back on ball of right, replace weight forward on left

3-4 Touch ball of right beside left turning body slightly left, turning right step right to face the man on your right side who will be your new partner

On counts 1-2 release joined hands. On count 3 use your right hand which is at her right shoulder blade. To make her body turn slightly toward you. On count 4 she will roll out of your right hand toward the man on your right side

5&6 Anchor step (see above) placing right hand in his left

Offer your left hand to the next lady coming to you from your left side, she will take it with her right

REPEAT

Variations of these basic moves are encouraged. If you want to lead inside or outside turns on the Whip or syncopate the push break etc. that's great! A basic knowledge of West Coast Swing will help when learning this dance
