

No Trippin'

COPPERKNOB
STEPPSHEET

拍數: 32 牆數: 4
編舞者: Bill Bader (CAN)
音樂: Yo Trippin' - Anastacia

級數: Intermediate/Advanced



**FAN RIGHT
TOE, RETURN
TOUCH FWD,
LOUIE-
LOUIE, TOUCH
BACK, 1/4
TURN, STOMP
TOGETHER,
SWIVET
RIGHT**

1-2 Fan R toe
out, Return
3 Touch R toe
forward
&4 Fan both
heels in, Return
("Louie-Louie")
5 Touch R toe
back
6 Turn 1/4 right
keeping weight
on L
7 Stomp down
R heel beside L
&8 Fan R toe to
right while
fanning L heel
to left, Return
("Swivet Right")
(Tip: In a
"Swivet", both
toes remain
parallel.)

**TWO TOE
STRUTS BACK,
HEEL JACK,
STEP, TOUCH,
HEEL JACK,
STEP, TOUCH**

1-2 Touch R toe
back, Lower R
heel taking
weight
3-4 Touch L toe
back, Lower L
heel taking
weight

&5 Step R back,
Touch L heel
forward angled
slightly left
&6 Step L in
place (returning
it to prior
location), Touch
R toe beside L
&7&8 Repeat
&5&6

**FORWARD 1/2
PIVOT,
SHUFFLE
FORWARD,
FORWARD,
HIP PUSH
HITCH/TURN
1/4, TOUCH,
HITCH/TURN
1/4, TOUCH**

1-2 Step R
forward, Pivot
Turn 1/2 left
onto L
3&4 Shuffle
forward on R-L-
R

5 Place L foot
forward without
full weight
6 Push hips
forward shifting
full weight onto
L

&7 Hitch R knee
turning 1/4 left,
Touch R toe to
right side
(Paddle Turn
with a
preliminary
Hitch)

&8 Hitch R knee
turning 1/4 left,
Touch R toe to
right side
(Paddle Turn
with a
preliminary
Hitch)

**FORWARD,
HOLD, 3
ROGER
RABBITS,
STEP BESIDE,
"HALF AN
APPLE" (Left
Applejack)**

1-2 Step R
forward, Hold
&3 Hitch L knee
and scoot/slide
back on R, Step
L back
&4 Hitch R knee
and scoot/slide
back on L, Step
R back
&5 Hitch L knee
and scoot/slide
back on R, Step
L back
6 Step R beside
L (but slightly
apart to
accommodate
the next
moves)

This next move
is an
APPLEJACK,
but just HALF
the normal
pattern and
done HALF as
fast:

7-8 Fan L toe
out while
fanning the R
heel in, Return

(Unlike the
earlier Swivet
where the toes
remain parallel,
here in an
Applejack, the
toes move
in opposite
directions.)

Styling Count 7:
Bend knees and
raise both
hands in front of
chest
(mid-chest
level) with
thumbs up and
fingers cupped.

End of pattern.
Begin again...
