

Just Foolin' Around

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 0 級數:
編舞者: Cynthia Lee
音樂: Bang, Bang, Bang - Nitty Gritty Dirt Band



WALK LEFT, WALK RIGHT, .KICK, STEP TOUCH, WALK RIGHT, WALK LEFT, KICK, STEP TOUCH

- 1 Step forward on left foot
- 2 Step forward on right foot
- 3 Low kick forward with left foot
- &4 Step back on left foot & touch right toes next to left
- 5 Step forward on right foot
- 6 Step forward on left foot
- 7 Low kick forward with right foot
- &8 Step back on right foot & touch left toes next to right

LEFT KICK-BALL-CROSS, POINT, FLICK TURN

- 9& Kick left foot forward & quickly take weight on ball of left
- 10 Cross right foot over right, taking weight
- 11 Point toes of left foot out to right side
- 12 Kick left foot sharply behind while turning $\frac{1}{4}$ right on ball of right foot

STEP, HOLD & STEP HOLD

- 13-14 Step forward on left foot, hold for one count
- &15-16 Step right next to left, step forward on left hold for one count

KICK, STEP TURN, KICK, STEP TURN, KICK, STEP TURN, KICK, STEP TURN

- 17&18 Low kick with right foot, quickly step slightly forward onto right foot, pivot $\frac{1}{4}$ turn left shifting weight to left foot.
- 19&20 Repeat 17&18 above
- 21&22 Repeat 17&18
- 23&24 Repeat 17&18

STEP $\frac{1}{2}$ TURN, RIGHT POINT BALL CROSS, POINT BALL, CROSS, POINT. FLICK TURN

- 25-26 Point right toe forward, pivot $\frac{1}{2}$ left on balls of feet, shifting weight forward to left foot
- 27 Point toes of right foot out to right side
- &28 Quickly step right foot next to left & cross left over right
- 29 Point toes of right foot out to right side
- &30 Quickly step right foot next to left & cross left over right
- 31 Point toes of right foot out to right side
- 32 Pivot $\frac{1}{4}$ turn left on ball of left foot while sharply kicking right foot behind

WALK RIGHT, WALK LEFT, KICK, STEP TOUCH, WALK LEFT, WALK RIGHT, KICK, STEP TOUCH

- 33 Step forward on right foot
- 34 Step forward on left foot
- 35 Low kick forward with right foot
- &36 Step back on right foot & touch left toes next to right
- 37 Step forward on left foot
- 38 Step forward on right foot
- 39 Low kick forward with left foot
- &40 Step back on left foot & touch right toes next to left

RIGHT KICK-BALL-CROSS, POINT, FLICK TURN

- 41& Kick right forward & quickly take weight on ball of right
- 42 Cross left foot over right, taking weight
- 43 Point toes of right foot out to left side
- 44 Kick right foot sharply behind while turning $\frac{1}{4}$ left on ball of left foot

STEP, HOLD & STEP HOLD

- 45-46 Step forward on right foot, hold for one count
- &47-48 Quickly step left next to right, step forward on right, hold for one count

KICK, STEP TURN, KICK, STEP TURN, KICK, STEP TURN, KICK STEP TURN

- 49&50 Low kick with left foot, quickly step onto left foot while pivoting $\frac{1}{4}$ right on ball of right
- 51&52 Repeat 49&50 above
- 53&54 Repeat
- 55&56 Repeat

STEP $\frac{1}{2}$ TURN, POINT BALL CROSS, POINT BALL CROSS, POINT FLICK TURN

- 57-58 Point left toes forward, pivot $\frac{1}{2}$ turn right on balls of feet, shift weight forward onto right foot
- 59 Point toes of left foot out to left side
- &60 Quickly step left next to right and cross right over left
- 61 Point toes of left foot out to left side
- &62 Quickly step left next to right and cross right over left
- 63 Point toes of left foot out to left side
- &64 Pivot $\frac{1}{4}$ right on ball of right foot while sharply kicking left foot behind

REPEAT

While executing point ball crosses, (steps 25-30 and 57-62) turn head to face in direction toes are pointing, chin raised (attitude) for further styling extend hand on same side as pointed toes with palm out (as if saying stop) on counts 3 & 5, and palm down on count &4 and &6. Other hand is flat on small of back (hip) with fingers pointed down.
