

J C Hustle

COPPERKNOB
STEPSHEETS

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Leslie Sinclair (USA)
音樂: 455 Rocket - Kathy Mattea



WALK, WALK, TOE TUCK, COASTER STEP, KICK-BALL-CHANGE

Counts 1-4 are the lady's footwork for a west coast swing sugar push

- 1-3 Walk right, left, tuck (touch) right toe
- 4 Step back on right foot
- 5&6 Coaster step (left-right-left) ending with weight on left foot
- 7&8 Kick-ball-change (right-left-right) ending with weight on left foot

SHUFFLES, PIVOT TURNS, STOMP, HOLD

- 1&2 Shuffle right-left-right
- 3 Step forward on left foot
- 4 Pivot turn right
- 5 Step forward on left foot
- 6 Pivot turn right
- 7 Stomp left foot next to right foot
- 8 Hold (shift weight to left foot)

LEG CROSS, HOLD, FULL TURN, TOE HEEL, TOE HEEL

- 1 Cross right foot over left foot
- 2 Hold
- 3-4 Turn left full turn in place (unwind)
- 5-6 Step on right toe, down on right heel (in place) shifting weight to right foot
- 7-8 Step on left toe, down on left heel (in place) shifting weight to left foot

STEP BACK(S), CROSS, HOLD, ½ TURN, STOMP, HOLD

- 1 Step back on right foot
- 2 Step back on left foot
- 3 Step back on right foot
- 4 Step left foot next to right foot (shifting weight to left foot)
- 5 Cross right foot over left foot
- 6 Hold
- 7 Turn ½ turn to left (unwind)
- 8 Hold (shifting weight to left foot)

CROSS STEP, KICK, CROSS STEP, KICK

- 1 Step right foot over left foot (shift weight to right foot)
- 2 Kick left foot out at 45 degree angle to left
- 3 Step back (and behind right foot) on left foot (shifting weight to left foot)
- 4 Step right on right foot
- 5 Cross left foot over right foot (shift weight to left foot)
- 6 Kick right foot out at 45 degree angle to right
- 7 Step back (and behind left foot) on right foot
- 8 Step left foot next to right foot (shifting weight to left foot)

REPEAT