

Just A Dance

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Nancy Morgan (USA)
音樂: Tee-Ni-Ne-Ni-Noo - Lou Ann Barton



VINE TWO AND CROSS, STEP, CROSS ROCK AND CROSS, STEP

1-2 Step right to right side, step left behind right
&3-4 Step back on right and cross left over right, step right foot to right side
5-6 Cross left in front of right shifting weight from left back to right (rock step)
&7-8 Step back on left and cross right over left, step left foot to left side

HEEL AND HEEL AND TOUCH AND ¼ TURN, HEEL AND HEEL AND TOUCH AND ¼ TURN

1&2& Put right heel forward, put right next to left and put left heel forward, put left next to right
3-4 Put right toe out to right side (slightly) and twist on ball of heel ¼ turn to right (right ends ahead of left)
5&6& Put right heel forward, put right next to left and put left heel forward, put left next to right
7-8 Put right toe out to right side (slightly) and twist on ball of heel ¼ turn to right (right ends ahead of left)

VINE TWO, ¼ TURN SHUFFLE FORWARD, STEP, ½ TURN, ½ TURN SHUFFLE BACK

1-2 Step right to right side, step left behind right
3&4 Turning ¼ turn to your right, shuffle forward - right, left, right
5-6 Step left, ½ turn right (weight ends on right)
7&8 Turn ½ turn to right as you shuffle back - left, right, left

SHUFFLE BACK, COASTER STEP, WALK, WALK, STEP, ¼ TURN STOMP

1&2 Shuffle back - right, left, right
3&4 Coaster step - step back on left, back on right, forward on left
5-6 Walk forward 2 steps - right, left
7-8 Step forward on right, turn ¼ turn to left as you stomp on your left

TWO SAILOR SHUFFLES, STOMP, HOLD, BODY ROLL

1&2 Sailor shuffle - step right behind left, step left to left side, step right foot forward
3&4 Sailor shuffle - step left behind right, step right to right side, step left foot forward
5-6 Stomp right foot forward, hold for 1 count
7-8 Body roll from front to back (lead with chest into a sitting position) (weight ends on left)

WALK, WALK, TOUCH, STEP, COASTER STEP, TOUCH, 1.4 TURN

1-2 Walk forward 2 steps - right, left
3-4 Touch right next to left instep, step back on right
5&6 Coaster step - step back on left, back on right, forward on left
7-8 Touch right toe to left instep, twist ¼ turn to your left on ball of right foot (weight is on left)

REPEAT