

Idlewild Blues

COPPER KNOB
STEPPERS

拍數: 80

牆數: 2

級數: Intermediate/Advanced east coast
swing



編舞者: Paul McAdam (UK)

音樂: Idlewild Blues - Outkast

2X WALK & LOCK STEP, STEP ½ TURN SLIDE BALL CHANGE

- 1-2 Walk forward right, walk forward left
- &3 Step forward right and slightly across in front of left, lock left foot behind right foot
- 4 Step forward on right foot
- 5-6 Step forward on left foot, pivot ½ turn to right
- 7&8 Slightly slide left foot forward (as though you were about to do a kick ball change but your foot never leaves the floor), step back on ball of left foot, step forward on right foot

2X WALK & LOCK STEP, STEP ½ TURN. SLIDE BALL CHANGE

- 9-16 Repeat steps 1-8 beginning with a left walk forward

JAZZ BOX, & CROSS, TOUCH, CROSS, SIDE, HITCH & TOUCH

- 1-2 Cross right foot over left foot, step back on left foot
- &3-4 Step right foot to right, cross left foot over right, touch right toe to right side
- 5-6 Cross right foot over left, step left foot to left side
- 7&8 Hitch right knee up next to left leg, swing right leg out to right side, touch right toe behind left foot

STEP LOCK, STEP SCUFF, STEP LOCK STEP SCUFF, HOP

- 1-2 Step right foot to right diagonal, lock left foot behind right foot
- 3-4 Step right foot to right diagonal, scuff left foot next to right
- 5-6 Step left foot to left diagonal, lock left foot behind right
- 7-8& Step left foot to left diagonal, scuff right foot next to left foot and hitch right knee up as you hop up on left leg

KICK, BEHIND, SIDE, CROSS, KICK BEHIND, ¼, STEP FORWARD

- 1-2 Kick right foot to right diagonal, cross right foot behind left foot
- 3-4 Step left foot to left side, cross right foot over left foot
- 5-6 Kick left foot to left diagonal, cross left foot behind right foot
- 7-8 Make a ¼ turn right and step forward on right foot, step forward on left foot

STEP ½ TURN TWICE, SHARP TWISTS X4

- 1-2 Step forward on right foot, pivot ½ turn left
- 3-4 Step forward on right foot, pivot ½ turn left
- 5-6 Step right foot to right side and twist both heels right, twist both heels left
- 7-8 Twist both heels right beginning to lift left leg off the floor, twist both heels left with left leg completely off the floor

The twists are done very sharply and with lots of attitude to hit the music

POINT FORWARD, SIDE, & SWITCH, ½ MONTEREY TURN, HEEL JACK, & CROSS UNWIND, BALL CHANGE

- 1-2 Point left toe forward, point left toe to left side
- &3-4 Step left foot next to right foot, touch right toe out to right side, turn a ½ turn right and step right foot next to left
- &5 Step back on left foot, touch right heel to right diagonal
- &6 Step right foot down in place, cross left foot behind right foot

7 Unwind a ½ turn left (weight stays on right foot)
&8 Step back on ball of left foot, step forward on right foot

2X WALKS, ¼ TURN CROSS, ½ TURN CROSS, ½ TURN WEAVE

1-2 Walk forward on left foot, walk forward on right foot
&3-4 Make a ¼ turn right and step left foot to left side, cross right foot over left
&5-6 Make a ¼ turn right and step left foot to left side, cross left foot behind right foot
&7 Make a ¼ turn right and step left foot to left side, cross right foot over left foot
&8 Step left foot to left side, cross right foot behind left foot

Counts 57-64 are done as more of a curved ¾ turn right, as though you are weaving around a pole

SIDE, JAZZ BOX, CROSS, WALK, SHUFFLE

1-2 Step left foot to left side, cross right foot over left foot
3-4 Step back on left foot, step right foot to right side
5-6 Cross left foot over right foot, walk forward on right foot
7&8 Left shuffle forward

STEP ½ TURN, RIGHT SHUFFLE, OUT-OUT, HEEL BOUNCES TWICE

1-2 Step forward on right foot, pivot ½ turn left
3&4 Right shuffle forward
5-6 Step left foot out to left side, step right foot out to right side
&7 Lift both heels off the floor bending knees, put both heels down straightening knees
&8 Lift both heels off the floor bending knees, put both heels down straightening knees

REPEAT
