

I Heard It Through The Grapevine

COPPER KNOB
BY STEPHEN B. BROWN

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Barry Durand (USA)
音樂: I Heard It Through the Grapevine - Michael McDonald



SUGAR PUSH WITH FOOT CIRCLE

1-2&3-4 Step forward right, forward left, moving backward let your body face a forward right diagonal and step slightly back with right foot, cross left in front of right still going back, step right back

Turn slightly back to facing front (12:00)

5-6 Weight on right and do a foot circle with your left (lift your left leg bent at knee and keeping knee in one spot, make a small circle to the left with left foot), step down on the left having turned $\frac{1}{4}$ turn to the left

Body is facing 9:00, but left foot is turned out left facing 7:30

7-8 Turn $\frac{1}{4}$ right and step with right foot forward, walk forward left

Back to facing 12:00

SKATERS TURN, PIVOT, SIDE ROCK CROSS

9-10 Turn $\frac{1}{2}$ to the left by keeping weight on left and sweep right around (skaters turn that came off the forward momentum of previous left step)

11-12 Walk right, step forward left

13-14 Stationary pivot $\frac{1}{2}$ turn off the left foot to the right and step on right foot, step forward left

15&16 Rock right to side, recover left, cross right in front of left

RONDE, SAILOR, HEEL DROPS, POINT BALL CHANGE

17-18 Do a twist turn ronde by unwinding from the cross to your left with weight on right foot and ronde with the left

You will have made a 1 & $\frac{1}{8}$ turn back to front diagonal left

19&20 Sailor step and point by stepping back with left, slightly side right, point left foot to left

21-22 Drop left heel twice

23&24 Point ball tap (like a kick ball tap) by pointing left foot to left slightly above the floor, step near where the left was pointed, turn $\frac{1}{2}$ right and tap right foot forward with the toe facing 3:00

8 COUNT LADY'S WHIP

This is exactly the footwork for a lady's closed whip in west coast swing couples

25-26 Walk forward right, step forward left turning $\frac{1}{2}$ turn to the right

27&28 Back coaster step by stepping back right, together left, forward right

29-30 Step forward left turning $\frac{1}{2}$ turn to the right, step back right

31&32 Triple step in place left, right, left

End with toes pointed in and heels split

TURNING APPLE JACK (SORT OF) SUGAR TUCK

33 Put weight on right ball and left heel and split feet out (heels in)

& Transfer weight to left ball and right heel and swivel feet in (heels out)

34&35& Repeat 33& two more times

36 Repeat 33 and make a $\frac{3}{4}$ rotation weight on left

If not quite finished, you can adjust to $\frac{3}{4}$ on next step

37-38 Walk forward right, forward left

39-40 Touch right behind left, turn $\frac{1}{2}$ turn to the right and step right

This is the start of a sugar tuck turn in west coast

TURN, POINT FLICK, HIP STEPS

41&42 Turn full turn on a triple step to the right starting with your left ending with a step forward on the left (left, right, left)

43-44 Tap the right toe forward, turn $\frac{1}{2}$ turn to the right while flicking your right foot in an attitude position and dropping weight onto left foot even more

To do this you have to lift your left heel on an & between 3-4 so that you drop on 4 at end of turn

45-46 Step forward right, swing left hip up and touch left toe to floor

47-48 Step forward left, turn $\frac{1}{4}$ turn right as you swing right hip forward and touch right toe to floor in a tap

REPEAT

RESTART

After 4 times through, go through the first 16 beats but on 15&16 (side rock, recover, cross) do a side rock, recover and tap right next to left. Then restart
