

I Feel The Earth Move

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 1 級數: Intermediate/Advanced
編舞者: Mona Puente (USA)
音樂: I Feel the Earth Move - Carole King



Sequence: A, B, A, "adult C"(1-72), B, "baby C"(1-16), A, "teenager C"(1-32), A

PART A

BIG STEP, DRAG, IN PLACE, IN PLACE, APPLEJACKS & CROSS

- 1-2 Big step to right with right, drag left toward right, stopping at shoulder width,
 - 3-4 Step left in place, step right in place
 - 5& Swivel left toe & right heel to left, (weight is on ball of right & heel of left,) return left toe & right heel to face front
 - 6& Swivel right toe & left heel to right, (weight is on ball of left & heel of right,) return right toe & left heel to face front
 - 7&8 Hold, small step back on ball of left, cross right over left
- Heel splits may be substituted for counts 5&6&, swiveling on balls of feet**
- 5 Heels to outside
 - & Heels return to center
 - 6& Repeat 5&

RONDE, TAP, SAILOR STEP, SAILOR STEP, SIT, SHIMMY UP

- &9 Start to the right sweep of left, from back to front, finish sweep, with left ending in front of right
- 10 Tap left toe
- 11&12 Step ball of left behind right, step ball of right to right, step left slightly forward
- 13&14 Step ball of right behind left, step ball of left to left, step right slightly forward,
- 15 On balls of both feet, turn $\frac{1}{4}$ to left, bending right knee & taking weight on right ("sitting position-left knee is straight)
- & Begin shifting weight to left leg by slightly straightening right leg, lifting right shoulder for styling,
- 16 Continue shifting weight to left by slightly straightening right leg, lifting left shoulder,

SHIMMY UP, ELVIS LEGS, BACK, BACK, FORWARD

- & Continue shifting weight to left by completely straightening right leg, lifting right shoulder,
- 17 Finish shifting weight to left leg, lifting left shoulder (right heel will be raised)
- 18 Touch right to right, with right knee bent toward left and right heel raised ("Elvis" leg)
- 19 Taking weight on right, straighten right leg & bend left knee toward right, raising left heel ("Elvis" leg)
- 20 Taking weight on left, straighten left leg & bend right knee toward left, raising right heel ("Elvis" leg)
- 21 Repeat 19,
- 22 Straightening left leg, step back on ball of left
- 23-24 Step ball of right beside left, step left forward

FORWARD, HOLD, $\frac{1}{2}$, HOLD, FORWARD, HOLD, $\frac{1}{4}$, SCOOT (OR HOLD)

- 25-26 Step right forward, hold
- 27-28 On balls of feet, turn $\frac{1}{2}$ to left, taking weight on left, hold
- 29-30 Step right forward, hold
- 31 On balls of feet, turn $\frac{1}{4}$ to left, taking weight on both feet,
- 32 Scoot back on both feet

After the 1st time count 32 is danced, change the scoot to a hold

PART B

BACK, TOUCH, HOLD, CROSS, BACK, ¼, TOUCH, HOLD

- 1-2 Step left back, touch right to right
- 3-4 Hold, cross right over left
- 5-6 Step left back, on ball of left, turn ¼ to right, stepping right to right
- 7-8 Touch left beside right, hold

LEFT & TOGETHER, RIGHT & FORWARD, ¼, HOLD, KICK, BEHIND

- 9&10 Rock left to left, recover weight to right, step left beside right
- 11&12 Rock right to right, recover weight to left, step right forward
- 13-14 On balls of feet, turn ¼ to left, taking weight on left, hold
- 15 Angling body 45 degrees to right, kick right (low kick, straight leg, flexed foot)
- 16 Facing front, step right behind left

SIDE, TOUCH, HOLD, FORWARD, LOCK, FORWARD, HOLD, ROCK FORWARD

- 17-18 Step left to left, touch right beside left
- 19-20 Hold, step right forward
- 21-22 Step left behind right, in locked position, step right forward
- 23-24 Hold, rock left forward

RECOVER, ROCK BACK, RECOVER, LEFT, BUMP, BUMP, BUMP, BUMP

- 25-26 Recover weight to right, rock left back
- 27-28 Recover weight to right, step left to left
- 29 Leaning forward slightly from waist, bump hips to right
- 30 Leaning forward slightly from waist, bump hips to the right back diagonal
- 31 Leaning forward slightly from waist, bump hips to the left back diagonal
- 32 Straightening body from leaning position, bump hips to left (weight on left)

PART C

KICK, HOLD, BACK, HOLD, TOUCH, WALK, WALK, WALK

- 1-2 Kick right forward, in line with left foot, hold
- 3-4 Step right back, in line with left foot, hold
- 5-6 Touch left back, behind right foot, step left in front of right
- 7-8 Step right in front of left, step left in front of right

Counts 1-8 are done in a straight line, as if on a tight rope

LINDY RIGHT, CROSS ROCK, RECOVER, LINDY LEFT, CROSS ROCK, RECOVER

- 9&10 Step right to right, step left beside right, step right to right
- 11-12 Cross rock left over right, recover weight to right
- 13&14 Step left to left, step right beside left, step left to left
- 15-16 Cross rock right over left, recover weight to left

BACK, BACK, BACK, BACK, COASTER STEP, FORWARD, FORWARD

- 17-18 Step right back, step left back
- 19-20 Repeat 17-18
- 21&22 Step ball of right back, step ball of left beside right, step right forward
- 23-24 Step left forward, step right forward

ANGLE LEFT, ANGLE RIGHT, ANGLE LEFT, ANGLE RIGHT (OR STEP RIGHT, STEP LEFT)

- 25&26 Step left forward, 45 degrees to left, step right behind left, in locked position, step left forward, 45 degrees to left
- 27&28 Step right forward, 45 degrees to right, step left behind right, in locked position, step right forward, 45 degrees to right
- 29&30 Repeat 25 & 26

31 Step right forward, 45 degrees to right,
&32 Step left behind right, in locked position, step right forward, 45 degrees to right,
The 3rd time part C ("Teenager C") is danced, omit the & step before 32, On 32, step left beside right,

SIDE, BEHIND, & OVER, TOUCH, BEHIND, SIDE, SIDE, TOUCH

33 Step left to left
34&35 Step right behind left, step left to left, cross right over left
36 Touch left toe to left
37-38 Step left behind right, step right to right
39-40 Small step left to right, shoulder width, touch right beside left

REPEAT PART C, STARTING WITH LINDY, ENDING WITH SCOOT

41-71 Repeat 9-39
72 Scoot back on both feet

At the end of the last Part A, the tempo of the music will begin to change. Have fun with your ending. Just freestyle it or paddle turn as you "go tumbling down"! Feel the earth move!
