

Heel Jacks Betty

COPPERKNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate
編舞者: John Wilson (UK)
音樂: Black Betty (Celtic Remix) - Gran Canaria



Sequence: ABABA

PART A

SIDE SHUFFLE, CROSS SHUFFLE, ROCK, RECOVER, CROSS SHUFFLE

1&2 Step right foot to side, step left foot to side, step left foot to side
3&4 Cross left over right, step right to the side, cross left over right
5-6 Rock right to the side, recover onto left
7&8 Cross right over left, step left to the side, cross right over left
9-16 Repeat 1-8 leading on left foot moving left

SIDE SHUFFLE, ¼ TURN SHUFFLE X 3

1&2 Step right to the side, close left beside right, step right to side
3&4 Step left to side making ¼ turn left, close right beside, step left to side
5&6 Step right to side making ¼ turn left, close left beside, step right to side
7&8 Step left to side making ¼ turn left, step right beside, step left to side

STEP SLIDE TWICE, HEEL JACKS TWICE

1-2 Step out long on right, slide left foot behind
3-4 Step out long on left, slide right behind
&5&6 Step back on left, cross right over left, step back left, touch right heel diagonally right
&7&8 Step back on right, cross left over right, step back on right, touch left heel diagonally left

ROCK, RECOVER, FULL TURN, DOUBLE SPEED VINE

&1-2 Step back slightly on left, rock forward on right recover on left
3-4 Step back on right making ½ turn right, step back on left making ½ turn right
5&6 Step right behind left, step left to side, step right in front of left
&7&8 Step left to side, cross right behind left, step left to side, touch right toe in front of left

FORWARD SHUFFLE, FULL TURN, FORWARD SHUFFLE, ½ TURN PIVOT

1&2 Step forward on right, step left behind, step forward right
3-4 Step forward on left make ½ turn right on ball of foot, step forward on right make ½ turn right on ball of right
5&6 Step forward on left, close right behind, step forward on left
7-8 Step forward right ½ turn pivot left, step out on left

FORWARD SHUFFLE, FULL TURN, FORWARD SHUFFLE, ½ TURN PIVOT

1&2 Step forward on right, step left behind, step forward right
3-4 Step forward on left make ½ turn right on ball of foot, step forward on right make ½ turn right on ball of right
5&6 Step forward on left, close right behind, step forward on left
7-8 Step forward right ½ turn pivot left, step out on left

HEEL JACKS X4

57&58 Cross right over left, step back left, touch right heel to front
&59&60 Step back on right, cross left over right, step back on right, touch left heel to front
&61&62 Step back on left, cross right over left, step back on left, touch right heel to front
&63&64 Step back on right, cross left over right, step back on right, touch left heel to front

PART B

FORWARD SLIDE, HIPS, LEFT SLIDE, HIPS, BACK SLIDE, HIPS, LEFT SLIDE, HIPS

- 1-2 Step forward right, diagonally to front, slide left behind
- 3&4 Sway hips right, left, right
- 5-6 Step left to left side, slide right beside
- 7&8 Sway hips left, right, left
- 9-10 Step back right diagonally, slide left beside right
- 11&12 Hips right, left, right
- 13-14 Step left to left side close right beside
- 15&16 Sway hips left, right, left

FORWARD SHUFFLE, ½ TURN PIVOT, FORWARD SHUFFLE ½ TURN PIVOT

- 1&2 Step forward right, close left behind, step forward right
- 3-4 Step forward left, ½ turn pivot right step forward on right
- 5&6 Step forward on left, close right behind, step forward left
- 7-8 Step forward right, ½ turn pivot left step forward on left

BOX STEP, ¼ TURN BOX STEP

- 25-28 Cross right over left, step back on left, step right to side making ¼ turn right, step left beside right
- 29-32 Cross right over left, step back on left, step right to side, step left beside right

FULL MONTEREY SLOW TURN

- 33-34 Touch right toe to side, make ½ turn on ball of left foot, stepping right foot beside left
- 35-36 Touch left toe to side, step left beside right
- 37-40 Repeat steps 33-36

RIGHT SAILOR STEP, LEFT SAILOR STEP

- 41&42 Step right behind left, step left to side, step right to side
- 43&44 Step left behind right, step right to side, step left to side

On end of second Sequence A commence Part B with Section 5 slow Monterey turn then Section 6 sailor steps. Then commence beginning of Part B and dance till end of Section 4 box steps. Now you're ready to commence 3rd Part A.
