

The Gravy

COPPERKNOB
STEPSHEETS

拍數: 86 牆數: 4 級數: Intermediate/Advanced
編舞者: Janet Martin (USA)
音樂: Good Brown Gravy - Joe Diffie



SIDE STEP, TOUCH, HEEL, TOUCH, SIDE STEP, TOUCH, HEEL, TOUCH

- 1 Step right to right side
- 2 Touch left toe beside right
- 3 Touch left heel forward
- 4 Touch left toe beside right
- 5 Step left to left side
- 6 Touch right toe beside left
- 7 Touch right heel forward
- 8 Touch right toe beside left

SIDE STEP, TOUCH, HEEL, TOUCH, SIDE STEP, TOUCH, HEEL, TOUCH

- 9 Step right to right side
- 10 Touch left toe beside right
- 11 Touch left heel forward
- 12 Touch left toe beside right
- 13 Step left to left side
- 14 Touch right toe beside left
- 15 Touch right heel forward
- 16 Touch right toe beside left

SCUFF, STEP, HEEL SPLITS, REPEAT TWICE

- 17 Scuff right heel forward
- 18 Step right slightly forward of left (weight even)
- 19 On balls of both feet, spread heels apart
- 20 Return heels together (shifting weight to right)
- 21 Scuff left heel forward
- 22 Step left slight forward of right (weight even)
- 23 On balls of both feet, spread heels apart
- 24 Return heels together (shifting weight to left)
- 25 Scuff right heel forward
- 26 Step right slightly forward of left (weight even)
- 27 On balls of both feet, spread heels apart
- 28 Return heels together (shifting weight to right)

TWO BACK TOE-HEEL STRUTS, BACK HOP, CLAP BACK HOP, CLAP

- 29 Step back on ball of left
- 30 Step down on left heel
- 31 Step back on ball of right
- 32 Step down on right heel
- & Hop back onto left
- 33 Quickly touch right beside left
- 34 Clap
- & Hop back onto right
- 35 Quickly step left beside right
- 36 Clap

SIDE STEP, SHIMMY, STEP, SIDE STEP, SHIMMY, STEP, KICK, STEP, STOMP, STOMP

- 37 Step right to right side
- 38-39 Slowly drag left to beside right, shimmying right
- 40 Step left beside right
- 41 Step right to right side
- 42-43 Slowly drag left to beside right, shimmying right
- 44 Step left beside right
- 45 Kick right forward
- 46 Step right beside left
- 47 Stomp left (weight) beside right
- 48 Stomp right (weight) beside left

SIDE STEP, SHIMMY, STEP, SIDE STEP, SHIMMY, STEP, KICK, STEP, STOMP, STOMP

- 49 Step left to left side
- 50-51 Slowly drag right to beside left, shimmying left
- 52 Step right beside left
- 53 Step left to left side
- 54-55 Slowly drag right to beside left, shimmying left
- 56 Step right beside left
- 57 Kick left forward
- 58 Step left beside right
- 59 Stomp right (weight) beside left
- 60 Stomp left (weight) beside right

TOE-HEEL ROCK, ROCK, RECOVER, ROCK BACK, RECOVER, STEP, ¼ TURN

- 61-62 On balls of both feet, bending knees, lean forward lifting heels
- 63-64 Rock back on both heels, slightly lifting toes
- 65 Rock forward onto right
- 66 Step left in place
- 67 Keeping left in place step back on right
- 68 Rock forward onto left
- 69 Step forward on right
- 70 On ball of right, turn ¼ left shifting weight to left

CHARLESTON

- 71 Kick right forward
- 72 Step left in place
- 73 Step back on right
- 74 Hold
- 75 Touch left back
- 76 Hold
- 77 Step forward on left
- 78 Hold

- 79 Kick right forward
- 80 Step left in place
- 81 Step back on right
- 82 Hold
- 83 Touch left back
- 84 Hold
- 85 Step forward on left
- 86 Touch right beside left

REPEAT

