

Ground Shakin' Boogie

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數:
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: On a Good Night - Wade Hayes



FORWARD SHUFFLES, ROMPS

- 1&2 Shuffle forward (right, left, right)
- 3&4 Shuffle forward (left, right, left)
- &5 Step ball of right foot back and diagonally right; touch left heel forward
- &6 Step left foot back to home; step right foot next to left
- &7 Step ball of left foot back and diagonally left; touch right heel forward
- &8 Step right foot to home; step left foot next to right

FORWARD SCOOT, JUMP, CROSS, UNWIND, FORWARD SCOOT

- 9-10 Bend knees slightly and scoot forward twice on both feet
- 11-12 Jump both feet about shoulder width apart; jump and cross right foot over left
- 13-14 Unwind ½ turn to the left; hold and clap hands
- 15-16 Bend knees slightly and scoot forward twice on both feet

KICK, PIVOT-CROSS, SHUFFLE FORWARD, ROCK STEPS, TURNING SHUFFLE

- 17-18 Kick right foot forward and diagonally right; pivot ¼ turn to the right on ball of left foot and cross right foot in front of left shin
- 19&20 Shuffle forward (right, left, right)
- 21-22 Step forward on left foot; rock back onto right foot in place
- 23&24 Shuffle in place (left, right, left) making a ½ turn to the left on these steps

SYNCOPATED TOE TOUCHES, KICKS

- 25-26 Touch right toe to the right; hold
- & Step right foot to home
- 27-28 Touch left toe to the left; hold
- &29 Step left foot to home; touch right toe to the right
- &30 Step right foot to home; touch left toe to the left
- & Step left foot to home
- 31-32 Kick right foot forward twice

SAILOR SHUFFLE, HEEL SWIVELS, TURN, RIGHT KICK-BALL-CHANGE

- 33&34 Cross right foot behind left and step; step slightly to the side on left foot, step slightly to the side on right foot
- 35&36 Cross left foot behind right and step; step slightly to the side on right foot, step slightly to the side on left foot
- 37-38 With feet in place, swivel heels to the left; swivel heels to the right making a ¼ turn to the left
- 39&40 Kick right foot forward; step on ball of right foot next to left; step left foot next to right

STEP, KICK, COASTER STEP, SHUFFLE FORWARD, PIVOTS

- 41-42 Step forward on right foot; kick left foot forward
- 43&44 Step back on left foot; step right foot next to left; step forward slightly on left foot
- & Pivot ¼ turn to the right on left foot
- 45&46 Shuffle forward (right, left, right)
- 47-48 Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right foot
- 49&50 Shuffle forward (left, right, left)
- 51-52 Step forward on right foot; step on left foot and pivot ¾ turn to the left on ball of foot

ROCK STEPS, TRAVELING TURN, SCOOT

- 53-54 Step forward on right foot; rock back onto left foot in place
55 Step back on right foot and begin a 1 ½ turn to the right traveling backwards
56 Step on left foot and continue 1 ½ traveling turn
57 Step on right foot and complete 1 ½ traveling turn
58 Step left foot next to right
59-60 Scoot forward twice on both feet

JUMP CROSS, FULL UNWIND

- 61-62 Jump feet about shoulder width apart; jump and cross right foot over left
63-64 Unwind one full turn to the left on these two beats ending up with left foot crossed over right

REPEAT
