

Girls & Bad Boys

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Leif Henrik Gronvold (NOR)
音樂: Bad Boys (Theme from COPS) - Inner Circle



Begin the dance 4 counts after "hoou"

KICK BALL CHANGE, ½ TURN, GRAPEVINE RIGHT, ROCK STEP

1&2 Kick right foot forward, step right foot beside left foot & step left foot forward
3&4 Step right foot forward, pivot ½ turn left
5&6 Step right foot to right side, cross left foot behind, step right foot to right side
7&8 Rock left foot back, rock forward onto right foot

Styling: on count 7&8 point your left finger up & move it side to side

GRAPEVINE LEFT, FULL TURN TOUCH, CROSS STEP, CROSS STEP, HITCH KNEE, STOMP

1&2 Step left foot to left side, cross right foot behind, step left foot to left side
3&4 On ball of left foot pivot full turn, step back onto ball of right foot & touch left foot to left side
5&6 Cross left foot over right foot, touch right foot to right side, cross left foot behind right foot
7&8 Touch right toe out to right, hitch right knee up & stomp right foot beside left foot

Styling: when you hitch your knee press it down with right hand, as you point left finger forward

KICK BALL CHANGE, ½ TURN, GRAPEVINE RIGHT, ROCK STEP

1&2 Kick left foot forward, step left foot beside right foot & step right foot forward
3&4 Step left foot forward, pivot ½ turn right
5&6 Step left foot to left side, cross right foot behind, step left foot to left side
7&8 Rock right foot back, rock forward onto left foot

Styling: on count 7&8 point your right finger up & move it side to side

GRAPEVINE RIGHT, FULL TURN TOUCH, CROSS STEP, CROSS STEP, HITCH KNEE, STOMP

1&2 Step right foot to right side, cross left foot behind, step right foot to right side
3&4 On ball of right foot pivot full turn, step back onto ball of left foot & touch right foot to right side
5&6 Cross right foot over left foot, touch left foot to left side, cross right foot behind left foot
7&8 Touch left toe out to left, hitch left knee up & stomp left foot beside right foot

Styling: when you hitch your knee press it down with left hand, as you point right finger forward

LOCK STEP, ROCK STEP, COASTER STEP, HEEL TOUCH, HOOK, SLAP

1&2 Step forward left foot, lock right foot behind left foot, step left foot forward
3&4 Rock forward on right foot, rock back onto left foot step right foot beside left foot
5&6 Step back right foot, step left foot beside right foot, step right foot forward
7&8 Touch left heel forward, hook left foot in front of right knee, step left foot beside right foot

Styling: when you do lock step, push shoulders up & down (shoulders up when you lock your feet & down when you step left foot forward). When you touch your heel push shoulders back. When you hook left foot slap on left side on the chest with right hand

SIDE STEP WITH ¼ TURN X4

1&2 Step right foot to right side, pivot ¼ turn to left & step left foot beside right foot
3&4 Step left foot to left side, pivot ¼ turn to right & step right foot beside left foot
5&6 Step right foot to right side, pivot ¼ turn to left & step left foot beside right foot
7&8 Step left foot to left side, pivot ¼ turn to right & step right foot beside left foot

Styling: while doing side step, point the same finger to the same wall you are stepping away from

REPEAT

