

Frog Heaven

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner line/contra dance
編舞者: Karen Fishback (USA)
音樂: Frog Heaven - Mike Seeger



WALK FORWARD, KICK WITH CLAP, WALK BACK, TOUCH

1-8 Walk forward 3 steps, right, left, right, kick left and clap, walk back left, right, left touch right

2 HEEL, TOE, SIDE SHUFFLES

1-2-3&4 Touch right heel forward, touch right toe center, side step, together, step to right

5-6-7&8 Touch left heel forward, touch left toe center, side step, together, step to left

4 FORWARD SHUFFLES (IN CONTRA, CROSS TO CHANGE SIDES)

1&2-3&4 Right forward step, together, step, left forward step, together, step

5&6-7&8 Repeat

2 ¼ TURNS TO LEFT, RIGHT HEEL, STEP, LEFT HEEL, STEP

1-4 Step forward on right, push ¼ to left, step on left, repeat

5-8 Touch right heel forward, take weight on right at center, left heel forward, take weight on left at center

REPEAT

FOR CONTRA

Have dancers face each other in two lines. On the walk, kick partners should be offset and slap right hands while kicking with left foot; on the forward shuffles lines cross to the opposite side, right shoulders passing. The forward shuffles can also be done as turning shuffles on the 2nd and 3rd shuffles, making a full turn (2 ½ turns)
