

Full Throttle

COPPER KNOB
STEPPERS

拍數: 48
編舞者: Ron Kline (USA)
音樂: You Got the Power - War

牆數: 4

級數: Intermediate/Advanced



HEEL & TOUCH & HEEL BALL CROSS TWICE

- 1&2 With weight on right foot, touch left heel forward slightly diagonal left, step left foot next to right foot, touch right toe next to left foot
- &3&4 Step right in place, touch left heel forward slightly diagonal left, step left foot next to right foot, cross step right foot over left foot
- &5&6 Step left foot to left side, touch right heel forward slightly diagonal right, step right foot in place, touch left toe next to right foot
- &7&8 Step left foot in place, touch right heel forward slightly diagonal right, step right foot next to left foot, cross step left foot over right foot

SIDE STEP, HEEL & TOUCH, CROUCH/STOMP, HITCH/HOP TWICE

- &9&10 Step right foot to right side, touch left heel forward slightly diagonal left, step left foot in place, touch right toe next to left foot
- 11&12 Stomp right foot in place while crouching down, straighten up hitching right knee while hopping on left foot turning one quarter to the right with the hop (facing 3:00), still hitching right knee hop back slightly on left foot

TWIST & PUMP ARMS TWICE, UNWIND, STEP TOGETHER/PUMP ARMS, HOLD/CLAP

- &13-14 With left foot remaining in place step right foot back turning to the right and twisting body to face backward (9:00), hold position while pumping arms outwards, hold position while pumping arms outwards again
- &15-16 Unwind one half (to the left) to face forward (3:00) shifting weight to left foot, step right foot next to left foot while pump arms outwards, hold position/clap hands

SIDE SWITCHES WITH HALF TURNS, ARM POINTS AND HOLDS

- 17-18 Touch left foot to left side while pointing left hand straight out to left side and turning head only to look left (body will still be facing 3:00), hold position
- &19-20 Pivot one quarter to the left on right foot dragging left foot to step next to right foot lowering left arm, pivot one quarter to the left on left foot touching right foot to right side while pointing right hand straight out to right side and turn head only to look right (body will be facing 9:00), hold position
- &21-22 Pivot one quarter to the right on left foot dragging right foot to step next to left foot lowering right arm, pivot one quarter to the right on right foot stepping left foot to left side while pointing left hand straight out to left side and turn head only to look left (body will be facing 3:00), hold position

SYNCOATED BACK STEP TWICE

- &23&24 Still pointing and looking to the left and keeping feet about shoulder width apart, step right foot back, step left foot back and even with right foot, step right foot back, step left foot back and even with right foot

SHUFFLE FORWARD, STOMP, HOLD, TURN TWICE, SAILOR STEP

- 25&26 Lowering arm and looking forward, shuffle forward to 3:00 (right-left-right)
- 27-30 Stomp left foot forward, hold/clap hands, pivot one half to the right on left foot shifting weight to right foot, pivot one quarter to the right on right foot stepping left foot to left side (now facing 12:00)
- 31&32 Step on ball of right foot behind left foot, step to left side on ball of left foot, step right foot in place

ANGLED CHASE STEPS

- 33-34 With body angled to 10:00 bend forward at waist towards 9:00 while taking small step forward to 9:00 with left foot, straighten up thrusting left hip forward while stepping right foot with instep behind left heel (3rd position)
- &35-36 Bend body forward again stepping left foot slightly forward, step left foot slightly more forward, straighten up thrusting left hip forward while stepping right foot with instep behind left heel (3rd position)
- 37-38 With body still angled to 10:00 bend forward at waist towards 12:00 while taking small step forward to 12:00 with right foot, straighten up thrusting right hip forward while stepping left foot with instep behind right heel (3rd position)
- &39-40 Bend body forward again stepping right foot slightly forward, step right foot slightly more forward, straighten up thrusting right hip forward while stepping left foot with instep behind right heel (3rd position)

SAILOR STEPS TRAVELING BACKWARD, BODY ROLL WITH QUARTER TWIST, HALF PIVOT/Drag FOOT

During next 4 counts straighten body to face 12:00

- 41&42 Step on ball of right foot back and behind left foot, step on ball of left foot to left side, step right foot back slightly
- 43&44 Step on ball of left foot back and behind right foot, step on ball of right foot to right side, step left foot back slightly

Option: On counts 41-44 do 2 Roger Rabbits starting with the right foot back

- 45&46 Body roll to the left while twisting upper body to face 3:00 stepping right foot forward making a quarter turn to the right with the step (to 3:00)

Option: On count 45&46 turn to face 3:00 as you shuffle forward to 3:00 (right-left-right)

- 47-48 Step left foot forward, pivot one half to the right on ball of left foot dragging right foot back to step next to left foot (right foot takes weight)

REPEAT
