

Fountain Of Youth

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Lesley Johnston (AUS), Ian Michaels & Friends (INA)
音樂: Yoko - Cartoons



STOMP, TWIST IN, OUT, KICK, STEP BACK RIGHT-LEFT-RIGHT ½ LEFT

- 1-4 Stomp right foot forward (bring arms up & bend at waist), twist both heels in (cross right arm over left), twist both heels out (uncross arms out), kick right foot forward (click fingers, shoulder height)
5-8 Step back on right, back on left, back on right then ½ turn left & step forward left

STOMP, TWIST IN, OUT, KICK, STEP BACK RIGHT-LEFT-RIGHT ¼ LEFT

- 1-4 Stomp right foot forward (bring arms up & bend at waist), twist both heels in (cross right arm over left), twist both heels out (uncross arms out), kick right foot forward (click fingers, shoulder height)
5-8 Step back on right, back on left, back on right then ¼ turn left & step forward left

STEP ROLL HOLD, & STEP ROLL HOLD, & STEP ROLL HOLD, STEP ROLL HOLD

Using slight hip roll movement on 1-2, 3-4, 5-6, 7-8

- 1-2& Step right to side, hold & bring left to meet right
3-4& Step right to side, hold & bring left to meet right
5-6& Step right to side, hold & bring left to meet right
7-8 Step right to side, hold

ROCK, ROCK, SHUFFLE, TURN, SHUFFLE, ROCK, ROCK

- 1-2 Rock left over right, rock weight back onto right
3&4-5&6 Shuffle to left (left-right-left) ½ turn left then shuffle to right (right-left-right)
7-8 Rock back on left (slight angle to left), step/rock weight back onto right

OVER, TURN, CROSS, SIDE, TURN, CROSS, SHUFFLE

- 1-2 Step left over right & commence ½ turn right, replace weight on right as you turn
3-4 Step left over right, step right to side as commencing ½ turn left
5-6 Step left to side (on 5), cross right over left
7&8 Step left to side, step right to meet left, step left to side (weight on left)

ROCK, ROCK, PIVOT, PIVOT, ROCK, ROCK

- 1-4 Rock back on right, rock forward on left, step forward on right & pivot ½ to left, replace weight back to left
5-6 Step forward on right & pivot ½ turn to left, replace weight back on left
7-8 Step/rock forward on right, rock back in place onto left

REPEAT

When using "Yoko" by Cartoons you will hear a break in the music pattern. You continue the dance at the same pace but to allow you to come in again on the words "why she's my hot potato". You will need to do extra right heel taps to commence the dance pattern again with stomp, twist out, kick etc. To finish the dance you will do patterns 1 & 2 but instead of ¼ turn on pattern 2, ½ turn to finish facing front.