

Freshen Up

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Bev Carpenter (USA)
音樂: Fresh Coat Of Paint - Dave Sheriff



SCUFF - KNEE TURNS - COASTER - KICKBALL

1-4 Right scuff forward, bend right knee out, in, out
5&6 Right step back, left foot step beside right, right step forward
7&8 Kick left foot forward, change weight to left foot, quick change to right

HEEL TAPS - HEEL SWITCH - ¼ TURN KICKS

9 With left foot pointing ¼ left foot, drop left foot heel
10 Drop left foot toe
11-12 Drop heel again twice
&13 Change weight to left foot, finish ¼ turn left foot and kick right heel forward
&14 Change left foot heel forward
&15-16 Change to left foot, kick right forward 2 times

STEP LOCKS (DOROTHY MOVE)

17-18& Right step forward at right angle, left foot lock behind right, right step forward
19-20& Left foot step forward at left foot angle, right lock behind left foot, left foot step forward
21-22& Right step forward at right angle, left foot lock behind right, right step forward
23-24 Left foot step forward at left foot angle, right touch beside left foot

TOE TAPS - COASTER - ½ TURN JAZZ BOX

1-2 Scoot back on left foot 2 times (at same time, tap right toe back on the 1st scoot)
& After 2nd scoot weight right foot
3&4 Left foot steps back, right step beside left foot, left foot step forward
5-6 Right cross over left foot, left foot step back making ¼ turn right
7-8 Right step forward making ¼ turn right, left foot step forward

REPEAT
