

The Ex-Files

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Gloria Johnson (USA)
音樂: (Don't Put Me In) The Ex Files (feat. Buck Owens) - The Bellamy Brothers



MODIFIED JAZZ BOX (RIGHT LEAD), RIGHT VINE

1-2 Cross-step right foot over left; step left back
3-4 Turning ½ right, step on right; cross-step left over right
5-6 Step right to right side; cross-step left behind right
7-8 Step right to right side; touch left heel diagonally forward

VAUDEVILLES

&9 Step left foot back; cross-step right over left
&10 Step left foot back; touch right heel diagonally forward right
&11 Step right back; cross-step left over right
&12 Step right back; touch left heel forward left
&13 Step left foot back; cross-step right over left
&14 Step left foot back; touch right heel diagonally forward right
&15 Step right foot back; cross-step left over right
&16 Step right foot back; touch left heel diagonally forward left

MODIFIED JAZZ BOX (LEFT LEAD); LEFT VINE

17-18 Cross-step left over right; step right back
19-20 Turning ¼ left, step on left; cross-step right over left
21-22 Step left to left side; cross-step right behind left
23-24 Step left to left side; touch right heel diagonally forward

VAUDEVILLES

&25 Step right foot back; cross-step left over right
&26 Step right back; touch left heel diagonally forward left
&27 Step left back; cross-step right over left
&28 Step left back; touch right heel diagonally forward right
&29 Step right foot back; cross-step left over right
&30 Step right foot back; touch left heel diagonally forward left
&31 Step left foot back; cross-step right over left
&32 Step left foot back; touch right heel diagonally forward right

SYNCOPATED ½ TURNS

33& Touch right toe to right side; hitch right knee
34& Turning 1/6 left, touch right toe to right side; hitch right knee
35& Turning 1/6 left, touch right toe to right side; hitch right knee
36 Turning 1/6 left, step on right foot (now facing 9:00)
37& Touch left toe to left side; hitch left knee
38& Turning 1/6 right, touch left toe to left side; hitch left knee
39& Turning 1/6 right, touch left toe to left side; hitch left knee
40 Turning 1/6 right, step on left foot (now facing 3:00)

STYLIZED SWIVELS

41-42 Swivel heels to right; swivel heels to left
43&44 Swivel heels right, left, right
45-46 Swivel heels to left; swivel heels to right

47&48 Swivel heels left, right, left

REPEAT

For steps 41-48, pump arms up and down. A variation is hip rolls:

41-42 Roll hips to the right (right); roll hips to the left (left)

43&44 Roll hips right, left, right

45-46 Roll hips to the left (left); roll hips to the right (right)

47&48 Roll hips left, right, left
