

Exotic Cowgirl

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Andee Bleuer
音樂: Ding-a-Ling - Hi-Town DJ's



STEP TOUCHES WITH HEEL PUSH

- 1-2 Step right to right pushing left heel to left, touch left slightly apart from right
- 3-4 Step left to left pushing right heel to right, touch right slightly apart from left
- 5&6 Step right to right pushing left heel to left twice, keeping feet slightly apart with weight on right
- 7&8 Step left to left pushing right heel to right twice, keeping feet slightly apart with weight on left

BACKWARDS BOOGIE WALK, TWO LEFT PADDLE TURNS WITH HIP ROLLS

- 1-4 Pushing heels opposite of the foot you step back on, step back right, left, right, left
- 5-6 Step right forward, pivot $\frac{1}{4}$ turn left (weight is left) rolling hips to the left
- 7-8 Repeat one time

SYNCOPATED RIGHT VINE, $\frac{1}{4}$ PIVOT LEFT, HOLD, BODY ROLL

- 1-2 Step right to right, step left behind right
- &3 Step right to right, step left in front of right
- 4 Step right to right
- 5-6 Pivot $\frac{1}{4}$ turn left (weight is on right), hold for one count
- 7-8 Execute a two count forward left body roll transferring weight left on 7, right on 8

SYNCOPATED SHOULDER PUSHES DOWN, UP WITH STEP, HEEL BOUNCE RIGHT, LEFT

- 1&2 Push left shoulder towards the floor, center, down
- 3&4 Push shoulder up towards the roof, center, up stepping left beside right on count 4 (weight is left)
- 5-6 Step right toe slightly forward bouncing on right heel, step right in place
- 7-8 Step left toe slightly forward bouncing on left heel, step left in place

REPEAT
