

Don't Count Me Out

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Advanced
編舞者: Cato Larsen (NOR)
音樂: Don't Count Me Out Yet - Travis Tritt



Sequence: AB, AB, TAG, A, TAG 2, B, AA

PART A

TOE SWITCHES, HEEL SWIVEL, COASTER STEP, CHUG ¼ TURN TWICE

1&2 Point right toe to right, step right next to left, point left toe to left
&3 Step left next to right, touch ball of right forward
&4 Swivel heels to right, swivel heels back to center
5&6 Step back on right, step left next to right, step forward on right
7 Make ¼ turn right pointing left toe to left side
8 Make ¼ turn right pointing left toe to left side

JAZZ STEPS, CHUG ½ TURN TWICE, WEAVE LEFT, TAP, KICK, CROSS

1&2 Step left across right, step back on right, step left to the left side
3 Make a ½ turn left pointing right toe to right side
4 Make a ½ turn left pointing right toe to right side
5&6 Cross right behind left, step left to left side, step right across left
7 Tap left to next to right (swiveling heel on right foot to the right)
& Kick left to left diagonal (swiveling heel on right foot to the left)
8 Step left across right

ROCK & CROSS, ¼ TURN, ½ TURN, STEP FORWARD, ROCK & STEP BACK, ½ TURN, ¼ TURN

1&2 Rock right to right, recover on left, step right across left
& Pivot ¼ turn right stepping back on left
3-4 Pivot ½ turn right stepping forward on right, step forward on left
5&6 Rock forward on right, recover on left, step back on right
7 Pivot ½ turn left stepping forward on left
8 Pivot ¼ turn left stepping right to right side

COASTER STEP, MAMBO STEP, OUT-OUT, TORSO PUSHES SIDE TO SIDE, BALL STEP

1&2 Step back on left, step right next to left, step forward on left
3&4 Rock forward on right, recover weight on left, step right next to left
&5 Step left foot out to left side, step right foot out to right side
6-7 Isolate upper body (torso) and push torso to the left, then to the right
&8 Rock back on ball of left foot, step forward on right

PART B

HEEL BOUNCES ¼ TURN, AND ROCK, AND TOGETHER, SIDE, TRAVELING APPLEJACKS, JUMP RIGHT

&1 Make a ¼ turn left as you bounce your heels into the floor twice
&2 Rock back on ball of left foot, step forward on right
&3 Recover weight on left, step right next to left.
4 Step left to left side
5 On heel on left and ball on right; move left toe and right heel to the left
& On ball of left and heel on right; move left heel and right toe to the left
6 On heel on left and ball on right; move left toe and right heel to the left
7&8 With feet together; jump 3 small jumps to the right

HITCH BALL TOUCH, AND STEP, PIVOT ½ TURN, HITCH BALL TOUCH, AND STEP, PIVOT ¼ TURN

- 1&-2& Hitch right knee, step right next to left, touch ball of left forward, step left next to right
- 3-4 Step forward on right, pivot ½ turn left
- 4&-6& Hitch right knee, step right next to left, touch ball of left forward, step left next to right
- 7-8 Step forward on right, pivot ¼ turn left

ROCK FORWARD & BACK, POINT, KNEE POP, FULL TURN RIGHT, ROCK & OUT

- &1 Rock forward on right, recover weight on left
- &2 Rock back on right, recover weight on left
- 3 Touch right to right side
- &4 Pop right knee in towards left knee, pop right knee out
- 5 Make a ¼ turn right stepping forward on right
- & Make a ½ turn right stepping back on left
- 6 Make a ¼ turn right stepping right to right side
- 7&8 Rock forward on left, recover weight on right, step left to left side

WASHING MACHINE

- 1 Push upper body (torso) to the left side beginning a circle movement anti to the right. (3:00)
- 2 Bend you knees as your body goes down (6:00)
- 3 Push upper body to the right as you raise you legs (9:00)
- 4 Straighten up, raise body to an upstanding position (12:00)
- 5&6 Scuff right forward beside left foot, hitch right knee, step right to right side
- 7&8 Rock forward on left, recover weight on right, step back on left (3. Position behind right)

TAG

Danced once at the end of two complete walls. The music changes it's tonal character

TAP-HITCH-STEP, TAP-HITCH-STEP, WALK FORWARD WITH ATTITUDE, SLIDE RIGHT

- 1&2 Tap right toe in front, hitch right knee, step forward on right
- 3&4 Tap left toe in front, hitch left knee, step forward on left
- 5-6 Step forward on right, step forward on left
- 7-8 Step right long step to the right. Slide left towards right

REPEAT OPPOSITE FOOT & SIDE

- 1&2 Tap left toe in front, hitch left knee, step forward on left
- 3&4 Tap right toe in front, hitch right knee, step forward on right
- 5-6 Step forward on left, step forward on right
- 7-8 Step left long step to the left, slide right towards left

TAG 2

MAMBO STEP LEFT, MAMBO STEP & TOUCH RIGHT

- 1&2 Step left to left side, rock back onto right, step left next to right
 - 3&4 Step right to right, rock back onto left, touch right next to left
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