

Don't Go To Sleep

COPPER KNOB
BY STEPHEN

拍數: 56 牆數: 4 級數: Improver
編舞者: Michele Perron (CAN)
音樂: Beat Me Daddy (Eight to the Bar) - Asleep at the Wheel



TAPS RIGHT, LEFT, RIGHT & LEFT

- 1-2 Tap right ball of foot beside left foot, right step beside left
- 3-4 Tap left ball of foot beside right foot, left step beside right
- 5-6 Tap right ball of foot beside left foot, tap right foot beside left (no weight)
- 7-8 Tap right ball of foot beside left foot, right step beside left (weight change)

TAPS LEFT, RIGHT, LEFT & LEFT

- 9-10 Tap left ball of foot beside right foot, left step beside right
- 11-12 Tap right ball of foot beside left foot, right step beside left
- 13-14 Tap left ball of foot beside right foot, tap left foot beside right (no weight)
- 15-16 Tap left ball of foot beside right foot, left step beside right (weight change)

TWO STEP RHYTHM-FORWARD

- 17 Right step forward (quick)
- 18 Left step forward (quick)
- 19-20 Right step forward, hold (slow)
- 21-22 Left step forward, hold (slow)
- 23-24 Right foot stomp beside left, hold (slow)

TOE FANS, KNEE POPS

- 25 Fan right toe out to right (right heel stays in place)
- 26 Fan right toe in (back home)
- 27 Fan left toe out to left, (left heel stays in place)
- 28 Fan left toe in (back home)
- 29 Right and left knee "pop" out to diagonal right (approximately 1:00. Heels come off floor and knees are flexed)
- 30 Drop right and left heels to center position
- 31 Right and left knee "pop" out to diagonal left (approximately 11:00. Heels come off floor and knees are flexed)
- 32 Drop right & left heels down and straighten knees to center position

TWO STEP RHYTHM BACK WITH PIVOT TURNS

- 33 Right step back (quick)
- 34 Left step back (quick)
- 35-36 Right step back with ½ pivot turn to right, hold (slow)
- 37-38 Left step back with ½ pivot turn to right, hold (slow)
- 39-40 Right stomp (beside right foot, hold (slow)

FANS, KNEE POPS

- 41 Fan right toe out to right side (right heel stays in place)
- 42 Fan right toe in (back home)
- 43 Fan left toe out to left side, (left heel in place)
- 44 Fan left toe in (back home)
- 45 Right and left knees "pop" out to diagonal right (approximately 1:00. Heels come off floor and knees are flexed)
- 46 Drop right and left heels to center position

- 47 Right and left knees "pop" out to diagonal left (approximately 11:00. Heels come off floor and knees are flexed)
- 48 Drop right & left heels down and straighten knees to center position

QUICK, QUICK, QUICK, QUICK, SLOW, SLOW

- 49 Right step to right side
- 50 Left step together beside right foot
- 51 Right step to right side
- 52 Left step together beside right
- 53-54 Right step forward with $\frac{1}{4}$ turn to right, hold
- 55-56 Left step together beside right foot, hold

REPEAT
