

Dance Little Dixie

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Barbara Mendelsohn (USA)
音樂: Bang, Bang, Bang - Nitty Gritty Dirt Band



HIP BUMPS, ARM PUMPS

- 1-2 Step left foot to left side while pumping left arm and bumping left hip, pump and bump again
3-4 Step left beside right; clap hands
5-6 Step right foot to right side while pumping right arm and bumping right hip; pump and bump again
7-8 Step right beside left; clap hands

KICK-BALL-CHANGE, CROSS, UNWIND, TOUCH OUT, STEP IN, BODY ROLL

- 9&10 Kick right foot forward; step ball of right beside left; step left in place
11-12 Cross-touch right over left; unwind ½ turn left
13-14 Touch right toe to right side; step right beside left
15&16 Body roll or shimmy

FORWARD PROGRESSING 'MASHED POTATOES'

- & Swivel left heel out as you lift right foot off the floor
17 Place right ball of foot in front of left foot as you swivel both heels to center
&18 Swivel both heels out; swivel both heels in
& Swivel right heel out as you lift left foot off the floor
19 Place left ball of foot in front of right foot as you swivel both heels to center
&20 Swivel both heels out; swivel both heels in
& Swivel left heel out as you lift right foot off the floor
21 Place right ball of foot in front of left as you swivel both heels to center
&22 Swivel both heels out; swivel both heels in
& Swivel right heel out as you lift left foot off the floor
23 Place left ball of foot in front of right as you swivel both heels to center
&24 Swivel both heels out; swivel both heels in

WALK, WALK, TRIPLE STEP, ½ TURN, SHUFFLE, STOMPS

- 25-26 Step right forward, then left
27&28 Cross-step right behind left; step left in place; step back on right
& Turn ½ left on right foot
29&30 Step left foot forward; step right together; step left foot forward
31-32 Stomp right; stomp left

¾ TURN, TOUCH, SIDE-SHUFFLE, ROCK STEP

- 33-34 Turning ¼ right, step on right; turning ¼ right, step on left foot
35-36 Turning ¼ right, step on right; touch left beside right
37&38 Step left foot to left side; step right together; step left to left side
39-40 Rock diagonally back onto right foot; step forward onto left

HEEL, TOE, HITCH, STEP; HEEL, TOE, HITCH, STEP

- 41&42 Touch right heel forward to right diagonal; step right in place (facing diagonal); touch left toe back to left diagonal
43 Hitch left knee
44&45 Step left in front of right facing current wall: step right to right side (facing left diagonal); touch left heel forward to left diagonal

&46
47-48

Step left in place (continuing to face diagonal); touch right toe back to right diagonal
Hitch right knee; step right in front of left facing current wall

REPEAT
