

Creepin' In

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver polka
編舞者: Susanne Schalewa (DE) & Gert Wollschlager (DE)
音樂: Creepin' In - Norah Jones & Dolly Parton



WALK FORWARD, COASTER STEP FORWARD, RIGHT SHUFFLE BACK, LEFT SHUFFLE BACK

1-2-3&4 Left foot step forward, right foot step forward, left foot step forward, right foot step together, left foot step back
5&6 Right foot step back, left foot step together, right foot step back
7&8 Left foot step back, right foot step together, left foot step back

SIDE ROCK, SAILOR STEP, BEHIND, UNWIND (¾ TURN) WITH HEEL BOUNCES

9-10-11&12 Right foot side rock, left foot recover, right foot cross behind left foot, left foot step to left side, right foot step to right side
13&14 Left foot cross behind right foot, raise heels and ¼ turn left, drop heels
&15&16 Raise heels and ¼ turn left, drop heels, raise heels and ¼ turn left, drop heels (weight on left foot)

Option:

13-16 Left foot cross behind right foot, ¾ turn left on both balls over 3 counts

GALLOP BOX

17&18 Right foot step forward, left foot step together, right foot step forward
& ¼ turn right on right ball
19&20 Left foot step back, right foot step together, left foot step back
& ¼ turn right on left ball

21&22 Right foot step forward, left foot step together, right foot step forward
& ¼ turn right on right ball
23&24 Left foot step back, right foot step together, left foot step back

STEP BACK, TOUCH, HITCH, SHUFFLE FORWARD, ¼ TURN LEFT, ½ TURN LEFT, SHUFFLE FORWARD

25-26 Right foot step back, left foot touch in front of right foot
&27&28 Left foot hitch, left foot step forward, right foot step together, left foot step forward

29-30 ¼ turn left and right foot step to right side, ½ turn left and left foot step to left side
31&32 Right foot step forward, left foot step together, right foot step forward

REPEAT

TAG

After the 4th wall dance the following tag:

¼ TURN RIGHT & STOMP, HOLD, ¼ SAILOR TURN (2X)

1-2 ¼ turn right on right ball and left foot stomp left, hold
3&4 Right foot cross behind left foot, left foot step to left side, ¼ turn right and right foot step forward
5-8 Repeat 1-4