

Country Bounce

COPPER KNOB
STEPSHEETS

拍數: 68 牆數: 4 級數:
編舞者: Martie Ferrazzano (USA)
音樂: William And Mary - Davis Daniel



LEFT STEP, SLIDE, STEP, SLIDE

- 1 Step left heel forward slightly diagonal left (left toes pointing up and approximately 6" to 8" from floor, left foot pointing toward approximately 11:00 o'clock, weight on left heel).
- 2 Slide right ball of foot forward slightly diagonal left so that right instep is touching left heel, right toes pointing to approximately 12:30 to 1:00 o'clock. As the right instep touches the left heel, the left ball of foot sets down on floor, weight still on right foot.
- 3-4 Repeat steps 1-2

RIGHT STEP, SLIDE STEP, SCOOT

- 5 Step right heel forward slightly diagonal right (right toes pointing up and approximately 6" to 8" from floor, right foot pointing toward approximately 1:00 o'clock, weight on right heel).
- 6 Slide left ball of foot forward slightly diagonal right so that the left instep is touching right heel, left toes pointing to approximately 11:00 to 11:30 o'clock. As the left instep touches the right heel, the right ball of foot sets down on the floor, weight still on left foot.
- 7 Repeat step #5
- 8 Scoot right ball of foot forward into 12:00 o'clock (left knee is bent with left upper leg somewhat parallel to floor and left lower leg perpendicular to floor with toes pointing downward).

SYNCOPATED BACK, SCOOT, BACK, SCOOT, BACK, HOP

- & Step left foot back
- 9 Scoot left ball of foot back (right knee is bent with right upper leg somewhat parallel to floor and right lower leg perpendicular to floor with toes pointing downward).
- & Step right foot back
- 10 Scoot right ball of foot back (left knee is bent with left upper leg somewhat parallel to floor and left lower leg perpendicular to floor with toes pointing downward).
- & Step left foot back
- 11 Repeat step #9
- & Step right foot back
- 12 Hop in place, landing on both feet (both feet will be approximately 6" to 8" off of floor on hop).

WALK FORWARD LEFT, RIGHT, LEFT, KICK

- 13 Step left foot forward
- 14 Step right foot forward
- 15 Step left foot forward
- & Bend right knee slightly as you lift right foot off floor (upper right leg is angled slightly forward with lower right leg bent back, toes pointing downward (½ beat)).
- 16 Flick kick right foot forward (kick by snapping lower right leg/foot forward so that right foot is approximately 8" to 12" from floor (½ beat)).

WALK BACKWARD RIGHT, LEFT, RIGHT, HOP

- 17 Step right foot back
- 18 Step left foot back
- 19 Step right foot back
- 20 Hop in place, landing on both feet (both feet will be approximately 6" to 8" off of floor on hop).

WALK FORWARD LEFT, RIGHT, LEFT, STOMP (DOWN)

- 21 Step left foot forward
- 22 Step right foot forward
- 23 Step left foot forward
- 24 Stomp (down) right foot beside left foot (weight on both feet).

HEEL SWIVELS LEFT, CENTER, RIGHT, CENTER

- 25 Swivel/move both heels to left side (put weight on the balls of both feet and move both heels to left side).
- 26 Swivel/move both heels to center (put weight on the balls of both feet and move both heels back to center so that both feet are facing 12:00 o'clock)
- 27 Swivel/move both heels to right side (put weight on the balls of both feet and move both heels to right side).
- 28 Swivel/move both heels to center (put weight on the balls of both feet and move both heels back to center so that both feet are facing 12:00 o'clock).

RIGHT HEEL, CROSS, RIGHT HEEL, CROSS

- 29 Touch right heel forward and slightly to right side (right toe pointing to approximately 1:00 o'clock).
- 30 Touch right toe across front of left ankle (right toe touching floor on left side of foot).
- 31-32 Repeat steps 29-30

PELVIC THRUSTS

- & Move hips back
- 33 Move/push hips forward
- & Move hips back
- 34 Move/push hips forward
- & Move hips back
- 35 Move/push hips forward
- & Move hips back
- 36 Move/push hips forward

HOP SWITCH, CROSS, HEEL, CROSS

- 37 Hop switch right foot back and left heel forward and slightly to the left side (left toe pointing to approximately 11:00 o'clock. Right foot uncrosses from left foot and right foot steps to center as left heel touches forward).
- 38 Touch left toe across front of right ankle (left toe touching floor on right side of foot).
- 39 Touch left heel forward and slightly to left side (left toe pointing to approximately 11:00 o'clock)
- 40 Touch left toe across front of right ankle (left toe touching floor on right side of foot).

PELVIC THRUSTS

- & Move hips back
- 41 Move/push hips forward
- & Move hips back
- 42 Move/push hips forward
- & Move hips back
- 43 Move/push hips forward
- & Move hips back
- 44 Move/push hips forward

SUGAR FOOT (FOUR TIMES), SHUFFLE BACK (FOUR TIMES)

- 45 Touch left toe beside right toe (left knee is slightly bent, left toe and left knee pointing to approximately 2:00 o'clock, left heel is raised approximately 3" to 6" from floor).
- 46 Touch left heel beside right toe (left toe and left knee pointing to approximately 10:00 o'clock, left toe raised approximately 3" to 6" from floor).

- 47 Step left ball of foot back
& Step right ball of foot back (right heel to approximately left toe (½ beat)).
48 Step left foot back (½ beat)
49 Touch right toe beside left toe (right knee is slightly bent, right toe and right knee pointing to approximately 10:00 o'clock, right heel is raised approximately 3" to 6" from floor).
50 Touch right heel beside left toe (right toe and right knee pointing to approximately 2:00 o'clock, right toe raised approximately 3" to 6" from floor).
51 Step right ball of foot back
& Step left ball of foot back (left heel to approximately right toe (½ beat)).
52 Step right foot back
53-55 Repeat steps 45-47
& Step right ball of foot back (right heel to approximately left toe (½ beat)).
56-59 Repeat steps 48-51
& Step left ball of foot back (left toe to approximately right toe (½ beat)).
60 Repeat step 52

WALK FORWARD LEFT, RIGHT, LEFT, SCOOT INTO ¼ TURN LEFT

- 61 Step left foot forward
62 Step right foot forward
63 Step left foot forward
64 Scoot/move left ball of foot into ¼ turn left (right knee is bent, right upper leg somewhat parallel to floor, lower portion of leg is perpendicular to floor, toes pointing downward. Now facing 9:00 o'clock).

RIGHT SIDE LUNGE, SLIDE, STOMP (DOWN), STOMP (DOWN)

- 65 Step/lunge right foot to right side (approximately 3', or more, from left foot. Both knees are slightly bent).
66 Slide left ball of foot to beside right foot (weight on right foot)
67 Stomp (down) left foot beside right foot (weight on left foot)
68 Stomp (down) right foot beside left foot (weight now on both feet).

REPEAT
