

Chixie Reel

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 1 級數: Intermediate/Advanced
編舞者: Christopher Petre (USA)
音樂: Lil' Jack Slade - The Chicks



Start 24 counts into the song when the bass kicks in.

1st Place Winner - Choreography Competition, Can-Am 2003, Phrased Country

PART A

ROCK, RECOVER, ½ TURN SHUFFLE, TURN, HITCH, SHUFFLE STEP

1-2 Step left out to left side rocking weight out over left, recover weight back onto right

Prep for turn by rotating 1/8 to left and pulling left shoulder back as you recover weight onto right

3&4 Complete a ½ turn left on the ball of your right foot (to face rear wall, 6:00) as you step left to left side, step right next to left, step left to left turning ¼ left (3:00)

5-6 Step forward on right, hitch left knee as you turn ¼ left (12:00)

Weight remains on right

7&8 Shuffle to left- step left to left side, step right next to left, step left to left side prepping on last step by turning 1/8 to left

Ending facing slightly to the left diagonal

AND JACK, STEP, HALF, QUARTER, CROSS, ROCK & CROSS, KICK

&1 Stepping diagonally back on right, touch left heel diagonally forward to left

2 Step ¼ turn left on left (9:00)

3 Turn ½ left (facing 3:00) as you step back on right

4 Step back on left turning ¼ left (12:00)

It helps step 5 to over-rotate here and face slightly left

5 Step right in front of left

6&7 Rock left to left side, recover weight onto right, step left in front of right

Place full weight onto left. This is fast. You may consider this as a ball-ball-cross. Do not take the time to let your left heel touch the floor before you push off the ball of that left foot, momentarily taking weight on the ball of your right foot as you cross your left in front of your right

8 Kick your right out low to right side

AND POINT HOLD, AND POINT HOLD, SWITCH, SWITCH, SWITCH, CROSS

&1 Step right in place next to left foot, touch left toe out to left side while bending slightly at right knee

You should be bending diagonally forward over your right foot and your shoulders should be slightly rotated to the right with your left shoulder forward

2 Hold

&3 Step left in place next to right foot, touch right toe out to right side while bending slightly at left knee

You should be bending diagonally forward over your left foot and your shoulders should be slightly rotated to the left with your right shoulder forward

4 Hold

&5 Hop off your left foot, land your right foot where your left foot was

Swing your straightened left leg out to your left side (keep it low) and at the same time, keeping your right leg straight, swing your right leg directly underneath you to land on your right foot exactly where your left foot was. Try to keep legs straight and equally apart (image your shoelaces tied together)

&6 Repeat above to the right

&7 Repeat above to the left

8 Step left in front of right

SCUFF, CROSS, CLAP TWICE, MODIFIED ANKLE ROCKS

1-2 Scuff right foot forward as you raise up on ball of left foot, sweep your right leg to the left making an extra-large "lunging" step, crossing over your left foot, dropping body down to land on right with bent knee on count 2

You should be relatively low to the floor. This will require you to let your body fall and stop when your left knee tucks in behind your right calf and for styling, just as you are landing, roll off the sole of your left foot onto the left side of the left foot. Tilt head downward to look as low as possible.

3-4 Clap twice

Head remains bent forward

5 Begin to rise slightly turning face slightly upward and raising right shoulder as you place weight onto your left foot

Do this by rolling off the side of your left foot back onto the sole, at the same time rolling off the sole of your right foot onto right side of the foot dragging that foot a little closer to the left. Your legs remain crossed but your feet are now closer together

6 Continue to rise raising left shoulder as you switch weight back onto your right foot

Do this by rolling off the side of your foot back onto the sole, at the same time rolling off the sole of your left foot onto side of the foot dragging that foot a little closer to the right.

7 Continue to rise raising right shoulder as you switch weight back onto your left foot

Dragging the right foot a little closer to the left.

8 Rise completely raising left shoulder as you switch weight back onto your right foot

Dragging the left foot a little closer to the right. At this point you should be standing fully erect with the toe of your left foot almost directly behind your right heel

PART B

ROCK, STEP, CROSSING SHUFFLE, PREP, TURN, CROSSING SHUFFLE

1-2 Step left out to left side, step right in place

Prep for crossing shuffle by turning slightly to right

3&4 Shuffle to right by stepping left in front of right, step right to right side, step left in front of right

5 Step right to right side

Prep for turn by rotating 1/8 to left and pulling left shoulder back

6 Step back on left turning 1/2 left (6:00)

It helps the following crossing shuffle to over-rotate here and face slightly left

7&8 Shuffle to left by stepping right in front of left, step left to left side, and step right in front of left

STEP, TOUCH, SHUFFLE STEP, CROSS, STEP, 1/2 TURN SHUFFLE

1 Step left to left side

2 Touch right toe next to left as you place fists on hips with elbows out

3&4 Shuffle to right (right, left, right)

A considerably advanced move here would be to do a rolling turn to the right. Do this by stepping right 1/4 right (9:00), turn 1/2 right stepping on left (2:00), turn 1/4 to right stepping right to right side (6:00)

5 Step left in front of right

6 Step right to right side (prep for left turn by rotating 1/8 to left)

7&8 Complete a 1/2 turn left as you shuffle to the left (left, right, left) (12:00)

HEEL, STEP, SIDE, CROSS, UNWIND, KICK STEP TOUCH

1 Cross right leg diagonally in front of left to face diagonally to left

Dig heel into floor with toes pointing upward and stand upright on right heel as you hitch left leg slightly balancing all weight on right heel

2 Step back in place on left

3 Step right to right side, squaring off to front wall

4 Prep for a full turn unwind by placing ball of left foot to the right side of the right foot

5-6 Unwind a full turn over 2 counts (12:00)

End with weight on left and right foot crossed in front of left ankle

7&8 Kick right forward, step right to right side, touch left toe next to right with turned out leg

Styling note: left knee should point to side wall (9:00), place left fist on hip with elbow out and right arm arched upward (elbow pointing out) with right fist above head, palm down

STEP, LOCK, KICK STEP POINT, UNWIND HOOK CROSS, CLAP TWICE

- 1 Step forward on left
- 2 Slide right forward on left side of left foot popping left knee forward

Lock in place with right shin behind left heel, left toe touching floor. Weight is fully on right (you look like Mr. Peanut, from Planter's Nuts)

- 3&4 Kick left foot forward, step left in place next to right, point right toe directly back with straight leg and body leaning forward from waist

- 5-6-7 Unwind a full turn over 3 count

Use your right toe as an anchor. Pull yourself around to the right to face the back wall. Continue spinning on the ball of your left foot by hitching your right knee. On count 7 you are posed, facing the front wall with right foot hooked in front of left shin weight on the ball of your left foot. Styling note: snap fingers out at sides

- 8 Fall onto right foot by bending on left knee and dropping right foot to left side of left foot (crossed position) placing weight on right, right leg bending at the knee.

This is count 64 of the dance, end here if dancing to music other than "Lil' Jack Slade!"

- 9-10 The extra counts: clap and stamp left heel with left knee turned out to side wall (9:00) twice, weight remains on right

Again, these last two counts (making the dance a total of 66) are extra counts which are only required for "Lil' Jack Slade," they would be omitted with other music.

REPEAT

TAG

In this section of the music the emphasis is on the beats of 1, 3, 5, 7 and 1 again, following the heavy strum of the bass guitar

TOE STEP, CROSS, TURN, KICK, TOE STEP, TURN, KICK

- 1-2 Touch toe left diagonally back to left side, then step down on left
- 3 Cross right over left
- 4 Turn ½ to left (6:00) step left in place over right
- 5 Kick right forward low. For styling left leg should be bent
- 6-7 Touch toe right diagonally back to right side, then step down on right
- 8 Turn ½ to left (12:00) step left in place
- 1 Kick right forward low. For styling left leg should be bent

TOE STEP, TURN, SCUFF, CROSS, BACK, TURN

- 2-3 Touch toe right diagonally back to right side, then step down on right
- 4 Turn ½ to left (6:00) step left in place
- 5 Scuff right forward. For styling left leg should be bent
- 6 Cross right over left
- 7 Step back on left, prep by turning 1/8 to right
- 8 Turn ½ to right (12:00) stepping right in place

STEP HOLD, STEP HOLD, PUNCH TURN HAMMER DOWN

- 1-2 Step forward on left, hold
- 3-4 Turn ¼ to right (3:00) and step forward on right, hold
- 5 Punch left arm towards side wall (3:00) at shoulder height
- 6 As you pull your arm back, turn to your left squaring off to front wall, shifting your weight back onto your left foot, begin raising right arm as if pitching
- 7 Turn ¼ to left (9:00), swinging right arm over head toward 9:00
- 8 Begin crouching down as if to kneel upon right knee, swinging right arm downward as if hammering
- 1 Drop all the way down

At the same time, kneel upon right knee time and drive right arm straight down to slap palm flat to floor, with your head hung down. At this point you are considerably bent over, supporting yourself with your left hand upon your left leg. Styling note: while on your right knee with your palm flat to the floor, your right thigh, right arm from the shoulder and left shin are perpendicular to the floor and your left thigh, your back and right shin

are horizontal! (for low impact, do not go down on knee, simply crouch with head tilted downward and punch right arm down towards floor with palm facing down.)

TURN ROUND, STEP, TORQUE, RISE HITCH SPIN

2 While still on your right knee, use 2 counts to turn $\frac{1}{2}$ turn to the right, spinning on kneecap. As you turn begin to drop your left knee towards your right knee, at the same time your right foot (sliding upon the floor) should swing behind you in an arc. Begin to straighten your back. (for low impact, counts 2-3-4: remaining in a crouched position, take 3 counts to slowly swivel on the balls of both feet $\frac{1}{2}$ turn to right, straightening your back as you turn but remaining crouched until you are facing side wall (3:00) on count 4. Weight will be forward on right.)

3 Drop left knee all the way to the floor as you complete the turn. At this point you are kneeling on both knees, feet together, shins flat to floor, standing straight up (on your knees) facing side wall (3:00)

4 Swing right knee up and step right foot forward. Right thigh is horizontal, shin is vertical and foot is flat on the floor

5 Twist upper body to left by pulling left shoulder back and swinging right arm to left in front of body

Wind up like a spring. Weight will be on your left knee. Your left arm and leg are back; your right elbow and knee are forward. (You will look somewhat like the FTD florist logo) (when dancing this low impact the movement is the same except you are still in a crouched position on your feet. Twist upper body to left by pulling left shoulder back and swinging right arm to left in front of upper body. As you twist, your weight drops back onto left. Your left arm and leg are back; your right elbow and right leg is forward.)

6-7-8 Take 3 counts to rise and spin $\frac{3}{4}$ right on right to face front wall

On count 6, twist upper body to right, begin rising on right. On 7, as you rise, continue to turn right, hitching left leg to spin right on the ball of right foot. On 8, continue to rise to a standing position as you spin on the ball of your right foot to complete a $\frac{3}{4}$ turn to face the front wall (12:00). (for low impact, twist upper body to right placing weight on right. As you begin to turn, hitch left knee to spin $\frac{3}{4}$ right on the ball of right foot to face front wall.) Note: on count 8 you are on the front wall standing with weight on right and left knee still hitched. It is good here to slightly over rotate and be facing slightly to the right

End of Tag. Continue with Part B/

THE PHRASING:

After 24 counts (on count 25) the dance starts with Part B first! You will then do 2 full walls AB, AB. On the third wall, after dancing the Part A for the third time, right after the ankle rocks (at about 1 minute 30 seconds into the music,) there is the Tag which falls right between parts A & B. The Tag only comes once, at the end of the Tag you continue with Part B. You will do Part A once more, for the fourth time. After the ankle rocks there are two extra beats and a Restart, so clap and stamp twice (like counts 9 & 10) and restart Part A. The dance ends nine counts later on count one of the second eight count, right on the jack, so hold that pose!
Good luck!

After 24 counts start: B, AB, AB, A TAG B, A & TWO CLAPS, A
