

Cinch - Up

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Roger Fisher (USA)
音樂: Crumblin' Down - John Cougar Mellencamp



2 SAILORS STEPS, 2 KICK BALL CHANGES

1 Swing and step right foot behind left foot
& Step home on the left foot
2 Step right foot next to left foot
3 Swing and step left foot behind right foot
& Step home on the right foot
4 Step left foot next to right foot
5 Kick right foot forward
& Step right foot next to left foot
6 Transfer weight to left foot
7 Kick right foot forward
& Step right foot next to left foot
8 Transfer weight to left foot

FORWARD SHUFFLE, ROCK STEPS, ½ TURN SHUFFLE, POINT CROSS

1 Step right foot forward
& Step left next to right
2 Step right foot forward
3 Rock forward on left foot
4 Rock back on right foot
5 Step left foot ¼ turn to the left
& Step right foot next to left foot
6 Step left foot ¼ turn to the left
7 Point right toe out to the right side (keeping weight on left foot)
8 Cross step right foot over left foot

POINT TOGETHER, LEFT FOOT SWIVELS, KICK BALL CHANGE

1 Point left toe out to the left side (keeping weight on right foot)
2 Step left foot next to right foot
3 Swivel left toes to the right
4 Swivel left heels to the right
5 Swivel left toes to the right
6 Swivel left heels to the right
Keep weight on left foot during counts 3-6
7 Kick right foot forward
& Step right foot next to left foot
8 Transfer weight to left foot

CROSS UNWIND, CROSS SHUFFLE, ROCK STEPS, ¾ TURN SHUFFLE

1 Cross touch right foot over left foot
2 Unwind ½ turn to the left (keeping weight on right foot)
3 Cross step left foot over right foot
& Small step to right on right foot
4 Cross step left foot over right foot
5 Rock step to the right on right foot
6 Rock step back to the left on the left foot

- 7 Step ¼ turn to right on right foot
- & Step left foot next to right foot
- 8 Step ½ turn to right on right foot

SHUFFLE, POINT CROSS, POINT TOGETHER, HIP, HIP

- 1 Step left foot forward
- & Step right foot next to left foot
- 2 Step left foot forward
- 3 Point right toe out to the right side
- 4 Cross step right foot over left foot
- 5 Point left toe to the left side
- 6 Step left foot next to right foot
- 7 Hip thrust forward (snapping fingers)
- 8 Hip thrust forward (snapping fingers)

REPEAT
