

City Limits

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Yvonne Anderson (SCO)
音樂: Nutbush City Limits - Tina Turner



KICK, STEP, TWIST, RECOVER, HEEL & TOUCH & HEEL & POINT

1-2 Kick right forward, step right back (toes angled towards 3:00)
3-4 Bend knees and twist body ¼ right, straighten knees with weight on left (12:00)

Styling: on count 3, drop your right shoulder as you twist and look down over shoulder at floor. Left heel lifts. On count 4, as you recover, left heel drops to floor taking weight. Counts 3-4 should feel like a sit-stand motion.

5&6 Touch right heel forward, & step right in place, touch left toes beside right
&7& Step left in place, touch right heel forward
&8& Step right in place, point left toes to left

¼ LEFT TURN, 2 X LEFT HEEL DROPS, 4 X ¼ PADDLE LEFT

1-2 Bend knees and begin ¼ turn left, complete ¼ turn straighten knees left heel raised (9:00)
3&4 Drop left heel to floor, & raise left heel, drop left heel to floor taking weight

Styling: on count 3&4 snap fingers in downward motion from waist as heel drops to floor

&5& Hitch right knee and make ¼ turn left, touch right toes to side (6:00)
&6-8 Repeat &5 three times to complete a full paddle turn weight remains on left (9:00)

TOE TOUCHES X 4, CROSS SHUFFLE, ½ TURN RIGHT

1-2 Touch right toes forward to left diagonal, touch right toes to right side
3-4 Touch right toes forward to left diagonal, touch right toes to right side
5&6 Cross right over left, & step left to left, cross right over left
7-8 Make ¼ turn right stepping back left, make ¼ turn right stepping right to side (3:00)

CROSS SHUFFLE, POINT, ¼ TURN LEFT AND FLICK, FORWARD RIGHT SHUFFLE, FORWARD LEFT SHUFFLE

1&2 Cross left over right, & step right to right, step left over right
3-4 Point right to right, make ¼ turn left flicking right heel up and click right fingers (12:00)
5&6 Shuffle forward on right, left, right
7&8 Shuffle forward on left, right, left

KICK & POINT, KICK & POINT, CROSS UNWIND, HIP ROLL

1&2 Kick right forward, & step right beside left, point left to left
3&4 Kick left forward, & step left beside right, point right to right
5-6 Cross right over left, unwind ½ turn left (6:00)
7-8 With weight on left slowly circle hips from right to left (roll what you've got)

Styling: on counts 7-8, place left hand on right hip and raise right hand to right side of head. Slowly drop right hand in an arc across face and body. Hand returns to side.

DIAGONAL HEEL DROPS X 4 (TRAVELING SLIGHTLY FORWARD)

1 Step right toes slightly forward to right diagonal
2 Drop right heel to floor clicking right fingers forward at shoulder height
&3& Step left toes slightly forward to left diagonal, & drop left heel to floor
&4& Raise left heel, drop heel to floor

Styling: counts &3, &4 with both hands, palms down, above left hip, push down as heel drops to floor, recover hands to start position as heel raises

5-8 Repeat 1-4

DIAGONAL SHUFFLES LEFT AND RIGHT, SKATER STEPS X 4

1&2 Shuffle forward to right diagonal on right, left, right

3&4 Shuffle forward on left diagonal on left, right, left

5-8 Skate forward on right, left, right, left

Styling: on counts 5-8, as you skate forward on right, reach hands up (palms together) and lift hips. Over the next 2 counts gradually drop hands. Sink hips lower and bend knees. On the last count straighten knees.

Think of this as up, down, down, up. Hands trace a zig-zag pattern right, left, right

THREE STEP FULL TURN RIGHT, TOUCH, THREE STEP FULL TURN LEFT, TOUCH

1-2 Step right $\frac{1}{4}$ turn right, on ball of right turn $\frac{1}{4}$ right stepping left to side

3-4 On ball of left turn $\frac{1}{2}$ right stepping right to side, touch left beside right and clap

5-8 Repeat 1-4 to left beginning step left $\frac{1}{4}$ left

These counts can be replaced with grapevines right and left

REPEAT
