

Claudette

COPPER **NOB**
STEPSHEETS

拍數: 68 牆數: 4 級數: Intermediate
編舞者: Vicki E. Rader (USA)
音樂: Wild Ride - Dwight Yoakam



TOE FANS, TOE-HEEL WALK-OUT

1-2 Turn right toe to the right; return right toe to center
3-4 Turn right toe to the right; return right toe to center
5-6 Turn right toe to the right; turn right heel to the right
7-8 Turn right toe to the right; turn right heel to right (centered)

SLIDE, KNEE ROLL, HIP ROTATION

9-10 Slide left foot slowly toward right; finish slide with feet together
11-12 Roll left knee to the left a full turn
13-14 Roll hips to right, down and up to left
15-16 Roll hips to right, down and up to left

CROSS-STEPS WITH HEEL TAPS

& Step across left foot with right, touching right toe
17-18 Tap right heel; tap right heel, shifting weight onto right foot
& Step left foot to left, touching toe
19-20 Tap left heel; tap left heel, shifting weight onto left foot
& Step across left foot with right, touching right toe
21-22 Tap right heel; tap right heel, shifting weight onto right foot
& Step left foot to left, touching toe
23-24 Tap left heel; tap left heel, shifting weight onto left foot

DOUBLE KICKS WITH ROCK-STEPS

25-26 Kick right foot across left leg at a 45 degree angle; kick again
27-28 Step right on right foot and rock weight onto it; rock weight onto left foot
29-30 Kick right foot across left leg at a 45 degree angle; kick again
31-32 Step right on right foot and rock weight onto it; rock weight onto left foot

RIGHT GRAPEVINE, KNEE ROLLS

33-34 Step right on right foot; step left foot behind right
35-36 Step right on right foot; touch left toe in place
37-38 Rotate left knee a full turn to the left
39-40 Rotate left knee a full turn to the left

LEFT GRAPEVINE, KNEE ROLLS

41-42 Step left on left foot; step right foot behind left
43-44 Step left on left foot; touch right toe in place
45-46 Rotate right knee a full turn to the right
47-48 Rotate right knee a full turn to the right

SPREAD-EAGLE SWIVELS, HEEL BOUNCES

49-50 Turn both toes out; turn both heels out
51-52 Turn both toes out; turn both heels out (toes pointing straight forward)
53-56 With legs spread and knees slightly bent, simultaneously bounce both heels off the floor, four times

TOE-HEEL TURN-IN SWIVELS, ¼ PIVOT, STOMP, KICK

- 57-58 Turn both toes in; turn both heels in
59-60 Turn both toes in; turn both heels in to center (feet are together)
61-62 Step slightly forward on right foot; pivot ¼ turn left (weight on left foot)
63-64 Stomp right foot; kick right foot

BOP SWIVELS

- 65 With weight on left heel, swivel left toe to right and touch right heel in front of left toe
66 With weight on ball of left foot, swivel left heel to right and touch right toe next to left heel
67 With weight on left heel, swivel left toe to right and touch right heel in front of left toe
68 With weight on ball of left foot, swivel left heel to center and step right foot next to left

REPEAT
