

CMT Jammin' Country Strut

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Jo Thompson Szymanski (USA)
音樂: Unknown



TOE STRUTS, KICKS, KNEE POP & HEEL DROP

- 1-2 Step forward on ball of right foot, drop heel to floor
- 3-4 Step forward on ball of left foot, drop heel to floor
- 5-6 Kick right foot forward twice
- 7 Step back on right, bending left knee & raising heel
- 8 Drop left heel to floor & raise right heel
- 9-10 Step forward on ball of right foot, drop heel to floor
- 11-12 Step forward on ball of left foot, drop heel to floor
- 13-14 Kick right foot forward twice
- 15 Step back on right, bending left knee & raising heel
- 16 Drop left heel to floor & raise right heel

ROCK STEPS - STOMPS & HEEL CLICKS

- 17-18 Rock forward on right, rock back on left
- 19-20 Rock back on right, rock forward on left
- 21-22 Stomp right, stomp left
- 23-24 With weight on balls of feet, click heels together twice

SHUFFLE & ROCK - TO RIGHT & LEFT

- 25& Step right to right side, close left to right
- 26 Step right to right side
- 27 Rock forward onto left crossing it over right
- 28 Rock back on right
- 29& Step left to left side, close right to left
- 30 Step left to left side
- 31 Rock forward onto right crossing it over left
- 32 Rock back on left

CROSS-¾ UNWIND TURN, CLAP & HIP BUMPS

- 33-34 Step right to right side, cross left over right
- 35 Take weight on balls of feet & unwind ¾-turn right
- 36 Clap
- 37-40 Bump hips right twice then left twice

PIVOT TURNS/JUMPS & CLAPS

- 41-42 Step forward on right, pivot ½-turn to left without lifting feet
- 43-44 Step forward on right, pivot ½-turn to left without lifting feet
- &45-46 Jump forward quickly landing on right then left; clap
- &47-48 Jump forward quickly landing on right then left; clap

REPEAT
