

Coast To Coast

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Donald E. Kaneski (USA)
音樂: Any slow to medium West Coast Swing 105 to 120 bpm



STROLLS AND SAILOR STEPS

- 1 Step right foot diagonal right
- 2 Drag or lock left foot to right
- 3 Step right foot behind left
- & Step left foot side left
- 4 Step right foot side right
- 5 Step left foot diagonal left
- 6 Drag or lock right foot to left
- 7 Step left foot behind right
- & Step right foot side right
- 8 Step left foot side left

KICK-BALL HEEL, COASTER STEP, CROSS & HOOK, THREE STEP TURN

- 1 Kick right foot forward
- & Step down on ball of right foot next to left
- 2 Step in place right and touch left heel forward
- 3 Step back on ball of left foot
- & Step down on ball of right foot next to left
- 4 Step forward on left
- 5 Step on ball of right foot behind left
- & Step down on left foot next to right
- 6 Hook right foot over left
- 7 Step right foot $\frac{1}{4}$ turn right
- & Turn $\frac{1}{2}$ turn right on right foot stepping back on left
- 8 Step right foot $\frac{1}{4}$ turn right

SIDE TOUCH & HOOK, THREE STEP TURN, KICK RIGHT, SHUFFLE TURN

- 1 Touch left foot side left
- 2 Hook left foot over right
- 3 Step left foot $\frac{1}{4}$ turn left
- & Turn $\frac{3}{4}$ turn left on left foot stepping back on right
- 4 Step left foot $\frac{1}{4}$ turn left
- 5 Kick right foot forward
- 6 Kick right foot forward
- 7 Step back right $\frac{1}{4}$ turn right
- & Step left foot to heel of right
- 8 Step right foot $\frac{1}{4}$ turn right

STEP HITCH, SIDE TOUCHES, KICK-BALL CHANGES

- 1 Step back on left
- & Hitch right and scoot back on left
- 2 Step back on right
- 3 Touch left foot side left
- & Step down on left foot next to right
- 4 Touch right foot side right
- 5 Kick right foot forward

- & Step down on ball of right foot next to left
- 6 Step in place left
- 7 Kick right foot forward
- & Step down on ball of right foot next to left
- 8 Step in place left

REPEAT
