

Celtic Chaos

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Helen O'Malley (IRE)
音樂: You're Still The One (Dance Mix) - Shania Twain



Dedicated to Maire Dufty & Patrick Murphy, Shannon Club, London

WALK FORWARD. FULL TURN BACK

1-4 Walk forward right-left-right. Kick left forward
5 ½ turn left as you step on left
6 ½ turn left stepping back on right
7-8 Step back on left. Touch right beside left

KICK STEP TOUCH TWICE

9& Kick right forward. Step right in place
10 Touch left toe to left side
11&12 Repeat steps 9&10 starting on left

CROSS BEHIND, UNWIND, SHUFFLE:

13 Cross right behind left
14 Unwind ½ turn right (weight ends on right)
15-16 Shuffle forward left-right-left

STEP ½ TURN PIVOT. SHUFFLE 1 2:

17-18 Step forward. Right pivot ½ turn left
19&20 Shuffle forward right-left-right
21-24 Repeat steps 17-20 starting on left

KICK, CROSS ½ TURN, HEEL:

25-26 Kick right forward to right. Cross right over left
27-28 Unwind ½ turn left. Left heel forward

BALL CROSS, KICK, CROSS, ½ TURN:

&29 Small step back on ball of left. Cross right over left
30-31 Kick left forward to left. Cross left over right
32 Unwind ½ turn right

HIP BUMPS SIDE SHUFFLE

33&34 Bump hips left-right-left

As you bump hips left, clench your fists pushing your left arm down to left side. On movements right, shoulders lift up. Repeat on right and then again on left

35&36 Step right to right side. Step left beside ~ step right to right side

CROSS BEHIND, FULL TURN, STEP TOUCH

37-38 Cross left behind right heel. Unwind full turn left
39-40 Step right to right side. Touch left beside right

STEP, SIDE SHUFFLE

41-42 Step left to left side. Cross right behind left
43& Step left to left side. Step right beside left
44 Step left to left side

CROSS BEHIND, FULL TURN, STEP TOUCH

- 45 Cross right behind left heel
- 46 Unwind a full turn right
- 47-48 Step left to left side touch right beside left

¼ TURN SHUFFLE, STEP PIVOT ¼ TURN TWICE

- 49&50 Pivot ¼ turn right as shuffle forward right-left-right
- 51-52 Step forward on ball of left. Pivot ¼ turn right. Weight ends on right
- 53-54 Repeat steps 51-52

FORWARD SHUFFLE, HEEL SWITCHES, HOLD:

- 55&56 Shuffle forward left-right-left
- 57& Right heel forward. Step right in place
- 58& Left heel forward. Step left in place
- 59-60 Right heel forward. Hold

SHOULDER SHIMMIES:

- 61-62 As you step in place on right, shimmy forward
- 63-64 Lean slightly back shimmy shoulders

REPEAT

Alternative moves - if you want to make the dance more hip-hop on steps:

- 14 Mashed potato step forward
 - 5-8 Mashed potato step back
 - 57-60 Street-wise running man
 - 61-64 Snake-rolls right and left
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