

Capitol T

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: William Sevone (UK)
音樂: Trouble - P!nk



4X FORWARD TOE STRUTS WITH EXPRESSION, (12:00)

- 1-2 Step forward onto right toe, drop right heel
- 3-4 Step forward onto left toe, drop left heel
- 5-6 Step forward onto right toe, drop right heel
- 7-8 Step forward onto left toe, drop left heel

Optional: hand and arm movements:

Right foot - right arm bent forward (forearm upright), left hand cupping/holding right elbow

1st finger pointing up - circle hand twice to the left

Left foot - left arm bent forward (forearm upright), right hand cupping/holding left elbow

1st finger pointing up - circle hand twice to the right

SIDE STEP, 2X SLOW SAILOR STEP, ¼ RIGHT SIDE STEP, (3:00)

- 9-10 Step right foot to right side, cross step left foot behind right
- 11-12 Step right foot next to left, step left foot to left side
- 13-14 Cross step right foot behind left, step left foot next to right
- 15-16 Step right foot to right side, turn ¼ right & step left foot to left side

WEAVE, SIDE ROCK, ¼ RIGHT STEP FORWARD, FORWARD STEP, FORWARD LOCK STEP, (6:00)

- 17-18 Cross step right foot behind left, step left foot to left side
- 19-20 Cross step right foot over left, rock left foot to left side
- 21-22 Turn ¼ right & step forward onto right foot, step forward onto left foot
- 23-24 Lock right foot behind left, step forward onto left foot

2X FORWARD TOE STRUTS WITH EXPRESSION, STEP FORWARD, PIVOT ¼ LEFT, 2X FOOT STAMP WITH EXPRESSION (3:00)

- 25-26 Step forward onto right toe, drop right heel
- 27-28 Step forward onto left toe, drop left heel

Optional: hand claps:

Counts 26 and 28: clap hands at head height

- 29-30 Step forward onto right foot, pivot ¼ left

- 31-32 Stamp right foot next to left, repeat

Optional: hand claps:

Counts 31-32: clap hands at head height

REPEAT

DANCE FINISH

The dance will finish on count 32 of the 13th wall (facing 3:00). To finish the dance facing the 'home' wall replace count 30 with 'pivot ½ left'