

Carolina Shaggin'

COPPER KNOB
BY STEPHEN HETS

拍數: 0 牆數: 2 級數: Advanced
編舞者: Leslie Moore (USA)
音樂: Dancin', Shaggin' On the Boulevard - Alabama



PART A (VERSE)

CROSSOVER BASIC

- 1&2 Step forward on right foot, step left next to right, step back on right foot (like a forward coaster step)
3&4 Step back on left foot step right across/in front of left, step left to left side
5-6 Rock slightly to right side on right foot, recover left in place

KICK BACK & LEAN

- 1-2 Step right across left, kick left foot slightly to left side
3&4 Step left behind right, step right to right side, step left to left side
5 Swing right foot across left, while turning $\frac{1}{4}$ to left on ball of left foot (extend left arm out to left side)
6 Step down with right foot across left
7&8 Step back with left foot, step right to right side to turn to original wall, step left to left side

BOOGIE WALK

- 1-2 Step right across left, kick left foot slightly to left side
&3 Step left behind right, step right to right side
4 Kick left foot forward, low
& Step slightly back on left foot
5 Step forward on right side of right foot, rolling right foot & knee outward as you take weight
6 Step forward on left side of left foot, rolling left foot & knee outward as you take weight

SIDE TO THE SIDE

- 1&2 Step right behind left, step left to left side, step right across/in front of left
&3 Step back on left foot, touch right heel forward
&4 Step forward on right foot, touch left toe behind right heel (ankles crossed)
&5 Step back on left foot, swing right leg upward into a hitch, and spin a full turn to the right with weight on ball of left foot
6 Step down on right foot
7&8 Triple step in place left-right-left

DOUBLE KICKBACK

- 1-2 Step right across left, kick left foot to left side
3&4 Step left behind right, step right to right side, step left in place
&5 Stepping right foot across/in front of left, ball change right-left
&6 Stepping right foot hooked behind left ankle, ball change right-left
7-8 Step forward right, pivot $\frac{1}{2}$ to left

PART B (CHORUS)

FUNKY APPLEJACK

- 1&2 Turning $\frac{1}{4}$ to left, shuffle forward right-left-right
3&4 Turning $\frac{1}{2}$ to right, shuffle forward left-right-left
5-6 Turning $\frac{1}{4}$ to left (where you started this phrase), touch right toe, turning foot inward, touch right heel, turning foot outward
7&8 Triple step right-left-right, to do a full turn to the left

BELLY ROLL

- 1-2 Touch left toe to rear, step left next to right
- 3-4 Touch right toe to rear, step right next to left
- 5-6 "Roll" body from your belly, left-right
- 7-8 Step left, right in place

FUNKY APPLEJACK - REVERSE DIRECTIONS!

- 1&2 Turning $\frac{1}{4}$ to right, shuffle forward left-right-left
- 3&4 Turning $\frac{1}{2}$ to left, shuffle forward right-left-right
- 5-6 Turning $\frac{1}{2}$ to right, touch left toe, turning foot inward, touch left heel, turning foot outward
- 7&8 Triple step left-right-left, to do a full turn to the right

BELLY ROLL - REVERSE DIRECTIONS!

- 1-2 Touch right toe to rear, step right next to left
- 3-4 Touch left toe to rear, step left next to right
- 5-6 "Roll" body from your belly left-right
- 7-8 Step right, left in place

REPEAT

Dance Sequence: You will do the verse followed by the chorus 4 times in a row without a bridge or interruption. Following the fifth verse (if you don't want to count, listen for the part about the "Bama Boys at the Bowery - they don't dance but they play for free..."), start the chorus part normally. At the end of the second (reverse) sequence, replace your RIGHT-LEFT step with a step forward on the right, pivot $\frac{1}{2}$ to left, to bring your back to the front wall. Continue by repeating the chorus sequence until the music fades away. The tune named above is not Shag music. It is a rumba or slow cha-cha.
