

Bulletproof

COPPER KNOB
BY STEPHEN

拍數: 0
編舞者: Myriam Charlton (CAN)
音樂: Bulletproof - Blue Rodeo

牆數: 4

級數: Intermediate/Advanced



Sequence: 16-count intro, AAA, BB, AAA, B, AAA, B

PART A

STEP SIDE, FULL TURN TRIPLE, WALK, WALK, TWINKLE ½ TURN

- 1 Step right foot to right side, leaning and angling your upper body slightly to the left
- 2 Straighten your body as you recover on left foot
- 3&4 Triple step full turn to the right: cross and step right foot behind left turning ¼ turn to the right, step on left foot while turning another ¼ turn to right, step on right turning ½ turn to the right, ending in a crossed position (right over left)
- 5-6 Walk left forward, walk right forward
- 7&8 Step forward on left pivoting ½ turn to right on the ball of the foot, bring ball of right foot next to left, step forward on left

STEP FORWARD, SPIRAL FULL TURN, SHUFFLE FORWARD, TOE TOUCH ¼ TURN, STEP ½ TURN, ROCK FORWARD, ½ TURN TRIPLE

- 1-2 Step forward on right, pivot a full turn to the left ending with weight on right foot, left foot crossed over right
- 3&4 Shuffle forward, left-right-left
- 5 Pivot ¼ turn to left as you touch right toe next to left foot with bent knees
- 6 With weight still on left foot pivot ½ turn to the right, and step on right foot
- 7&8 Rock forward on left, recover on right, pivot ½ turn to the left and step left forward

SKATE, SKATE, TWIST, TWIST, PIVOT ¼ TURN, ROCK FORWARD, RECOVER, 1 ½ PROGRESSIVE TRIPLE STEP TURN

- 1-2 Skate right foot to right side, skate left foot to left side
- 3&4 With weight mostly on left foot twist to the right, twist to the left, pivot ¼ to right stepping forward on right foot
- 5-6 Step forward on left foot, recover on right
- 7&8 Taking large steps, pivot half turn to the left and step on left foot, pivot half turn to the left and step on right foot, pivot ½ turn to the left and step on left foot, for a total of 1 ½ turn

ROCK FORWARD, FAN KICK, COASTER STEP, MILITARY TURN, FULL SPIN, STEP, CROSS

- 1-2 Step right foot forward, recover weight back on left foot as you kick right foot forward
- 3&4 Step back on right, step left foot together, step forward on right
- 5-6 Step forward on left, pivot ¼ right recovering weight on right
- 7&8 Step left across right to spin a full turn to the right, step right foot to right side, cross-step left foot over right

PART B

DIAGONAL, KICK, TRIPLE ½ TURN, WALK AROUND

- 1-2 Turn right & step diagonally forward on right to face 1:00, kick left forward
- 3&4 Step back on left, step right together turning ½ to the left facing 7:00, step forward on left
- 5-6-7-8 Walk forward and around to the left (right-left-right-left) to face 12:00

REPEAT