

Bundle Of Nerves

COPPER KNOB
BY STEPHEN BATES

拍數: 68 牆數: 2 級數: Intermediate
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Bundle of Nerves - Ken Mellons



GYRATING BODY SHAKE

- 1-4 With feet in place about shoulder width apart, raise arms out in front at about waist height. Begin shaking body by slightly bending (bouncing) knees vigorously, lean forward slightly and begin rotating upper body a $\frac{3}{4}$ to the left revolution leaning forward, then to the left and back
- 5-8 Continue rotating upper body another $\frac{3}{4}$ to the left revolution leaning to the right, forward, left

ROCK STEP, PIVOT STEP, SCUFF, ROCK STEP, STEP BACK, TOUCH

- 9-10 Step slightly forward on right foot; rock back onto left foot
& Pivot a $\frac{1}{2}$ turn to the right on ball of left foot
- 11-12 Step forward on right foot; scuff left foot next to right
- 13-14 Step slightly forward on left foot; rock back onto right foot
- 15-16 Step back slightly on left foot; touch right foot next to left

VINE LEFT WITH $\frac{1}{2}$ TURN, SCUFF, VINE LEFT, STEP RIGHT

- 17-18 Step to the right on right foot; cross left foot behind right and step
- 19-20 Step a $\frac{1}{4}$ turn to the right on right foot; pivot $\frac{1}{4}$ turn to the right on ball of right foot and scuff left foot next to right
- 21-22 Step to the left on left foot; cross right foot behind left and step
- 23-24 Step slightly to the left on left foot; step slightly to the right on right foot

KNEE SHAKES, HEEL SPLIT, TOE SPLIT

- 25-28 Shake both knees vigorously for four (4) counts
- 29-30 Split heels apart; bring heels back to home
- 31-32 Split toes apart; bring toes back to home and transfer weight to left foot

MODIFIED MONTEREY TURN, TO THE LEFT MILITARY PIVOTS

- 33-34 Touch right toe to the right; pivot $\frac{1}{4}$ turn to the right on ball of left foot and step right foot next to left
- 35-36 Touch left toe to the left; step left foot next to right
- 37-38 Step forward on right foot; pivot $\frac{1}{2}$ turn to the left on ball of right foot and shift weight to left foot
- 39-40 Step forward on right foot; pivot $\frac{3}{4}$ turn to the left on ball of right foot and shift weight to left foot

VINE RIGHT WITH $\frac{1}{2}$ TURN, SCUFF, VINE LEFT, SCUFF

- 41-42 Step to the right on right foot; cross left foot behind right and step
- 43-44 Step a $\frac{1}{4}$ turn to the right on right foot; pivot $\frac{1}{4}$ turn to the right on ball of right foot and scuff left foot next to right
- 45-46 Step to the left on left foot; cross right foot behind left and step
- 47-48 Step to the left on left foot; scuff right foot next to left

MILITARY PIVOTS TO THE LEFT, DIAGONAL STEP-SLIDE, SCUFF

- 49-50 Step forward on right foot; pivot $\frac{1}{2}$ turn to the left on ball of right foot and shift weight to left foot
- 51-52 Step forward on right foot; pivot $\frac{1}{2}$ turn to the left on ball of right foot and shift weight to left foot
- 53-54 Step forward and diagonally to the right on right foot; slide left foot up next to right and step

55-56 Step forward and diagonally to the right on right foot; scuff left foot next to right

MILITARY PIVOTS TO THE RIGHT, DIAGONAL STEP-SLIDE, SCUFF

57-58 Step forward on left foot; pivot $\frac{1}{2}$ turn to the right on ball of left foot and shift weight to right foot

59-60 Step forward on left foot; pivot $\frac{1}{2}$ turn to the right on ball of left foot and shift weight to right foot

61-62 Step forward and diagonally to the left on left foot; slide right foot up next to left and step

63-64 Step forward and diagonally to the left on left foot; scuff right foot next to left

CROSS, STEP BACK, OUT, OUT

65-66 Cross right foot over left and step; step back onto left foot in place

67-68 Step slightly to the right on right foot; step left foot about shoulder width apart from right

REPEAT
