

Bend Me Shape Me

COPPER KNOB
STEPSHEETS

拍數: 60 牆數: 4 級數: Intermediate
編舞者: Sandi Brooks (USA)
音樂: Bend Me, Shape Me - The American Breed



HEEL TOE TURN STOMP

- 1 Right heel forward
- 2 Right toe back
- 3-4 Bending at left knee turn $\frac{1}{2}$ turn right dropping hips as if going to sit in a chair (stomp on 4)
- 5 Left heel forward
- 6 Left toe back
- 7-8 Bend at right knee turn $\frac{1}{2}$ turn left dropping hips as if going to sit in a chair (stomp on 8)

DIAGONAL STOMP & PAUSE *

- &1&2 Turning body slight to the right - diagonally stomp right and pause (clap, clap optional)
- &3&4 Stomp left, right pause (clap, clap optional)
- &5&6 Repeat diagonally to the left stomp and pause (clap, clap optional),
- &7&8 Stomp left right pause (clap, clap optional)

TURNING SIDE TOGETHER SIDE STEPS

- 1&2 Step right to right, bring left to right, step right to right turning $\frac{1}{2}$ turn right
- 3&4 Step left to left, bring right to left, step left to left turning $\frac{1}{2}$ turn left
- 5&6 Step right to right, bring left to right, step right to right turning $\frac{1}{2}$ turn right
- 7&8 Step left to left, bring right to left, step left to left turning $\frac{1}{2}$ turn left

DIAGONAL STOMP & PAUSE *

- &1&2 Turning body slight to the right - diagonally stomp right and pause (clap, clap optional)
- &3&4 Stomp left, right pause (clap, clap optional)
- &5&6 Repeat diagonally to the left stomp and pause (clap, clap optional),
- &7&8 Stomp left right pause (clap, clap optional)

WEAVE WITH A $\frac{1}{2}$ TURN RIGHT AND A $\frac{1}{4}$ TURN LEFT

- 1 Stepping right to right
- 2 Cross left behind right
- 3 Step right $\frac{1}{4}$ right
- 4 Step left $\frac{1}{4}$ right
- 5 Step/cross right behind left
- 6 Step left a $\frac{1}{4}$ turn to left
- 7-8 Stomp/step right to right and stomp/step left to left (slightly apart)

RIGHT JAZZ SQUARE, FORWARD HEEL GRIND WALKS: TOES FAN OUT

- 1-4 Right jazz square
- 5-6 Right heel grind moving forward: toes fan left to right
- 7-8 Left heel grind moving forward: toes fan right to left

HEEL GRIND WALKS FORWARD: TOES FAN OUT, TOE-HEEL WALKS BACK

- 1-2 Right toe-heel moving backwards
- 3-4 Left toe-heel moving backwards
- 5-6 Right heel grind moving forward: toes fan left to right
- 7-8 Left heel grind moving forward: toes fan right to left

1-2 Right toe-heel moving backwards
3-4 Left toe-heel moving backwards

REPEAT

You can clap along on the diagonal stomps where it is easily heard in the song "bend me, shape me"
