

Betty Do

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Pauline Bradford
音樂: Black Betty - Tom Jones



KICK RIGHT, HALF TURN, KICK RIGHT, TWO HOPS, STEP

12 Kick right foot forward, on ball of left pivot ½ turn right, kick right foot forward
3&4 Hop back on left twice, step down on right
5-6 Kick left foot forward, on ball of right pivot ½ turn left, kick left foot forward
7&8 Hop back on right twice, step down on left
3&4 and 7&8 can be replaced by coaster step

CROSS ROCK, BACK ROCK, CROSS ROCK, HALF TURN

1& (Facing diagonally left) cross rock right over left, recover on left
2& Rock back on right, recover on left
3& Cross rock right over left, recover on left
4 Half turn right, stepping forward on right

CROSS ROCK, BACK ROCK, CROSS ROCK, HALF TURN

1& (Facing diagonally right) cross rock left over right, recover on right
2& Rock back on left, recover on right
3& Cross rock left over right, recover on right
4 Half turn left, stepping forward on left. (facing home wall)

HEEL JACK, CROSS BACK, BACK LOCK STEPS

1&2 Cross right over left, step down on left, extend right heel
&3&4 Step down on right, cross left over right, step down on right, extend left heel
&56 Step down on left, cross right over left, step back diagonally left
7&8 Cross right over left, step back diagonally left, cross right over left

HEEL JACK, CROSS BACK, BACK LOCK STEPS

1&2 Cross left over right, step down on right, extend left heel
&3&4 Step down on left, cross right over left, step down on left, extend right heel
&56 Step down on right, cross left over right, step back diagonally right
7&8 Cross left over right, step back diagonally right, cross left over right

STEP HALF TURN, KICK, COASTER STEP, ¾ TURN, KICK, COASTER STEP

12 Step forward on right, on ball of right pivot ½ turn left, (kicking left forward)
3&4 Step back left, right in place, step forward left
56 Step ¼ turn right on right, on ball of right pivot ½ turn right, (kicking left forward)
7&8 Step back left, right in place, step forward left

REPEAT

RESTART

On fourth repetition only dance first 16 steps (facing 9:00)

TAG

MASHED POTATOES, HEEL TAPS, JUMP, CROSS, UNWIND, CLAP

1&2 (Light) stomp right, flick right, touch right forward
&3 Slightly sweep right behind left, step down on right
&4 Slightly sweep left behind right, touch left behind right

5&6 (Lightly) stomp left, flick left, touch left forward
&7 Slightly sweep left behind right, step down on left
&8 Slightly sweep right, touch right next to left
9-12 Step forward right, tap right heel (three beats) transfer weight onto right
13-16 Step forward left, tap left heel (three beats) transfer weight onto left
17-20 Jump out, jump crossing right over left, unwind ½ turn, clap twice
21-24 Jump out, jump crossing right over left, unwind ½ turn, clap twice
25-40 Repeat steps 1-16 then resume from beginning of dance
