

Banjo Boy

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Debi Dillow (USA)
音樂: Banjo Boy - Ryan Shupe & The Rubberband



SYNCOPATED VINE LEFT, STEP ¼ LEFT, KARATE ½ TURN LEFT, STEP, HITCH LEFT KNEE

- 1-2 Step side left foot, cross right foot behind left foot
&3&4 Step side left foot, cross right foot over left foot, step side left foot, cross right foot behind left foot (can replace first 4 counts with 4 step vine left)
5-8 Step left foot forward turn ¼ left, turn ½ left bending right knee bringing right foot up, step right in place, lift left knee up

STEP LEFT, TOUCH RIGHT TOE FRONT & SIDE & BACK, STEP RIGHT, TOUCH LEFT TOE, FRONT & SIDE & BACK

- 1&2 Step left foot in place, touch forward right toe, lift left heel up & down
&3 Touch side right toe, lift left heel up & down
&4 Touch back right toe, lift left heel up & down
5&6 Step right foot in place, touch forward left toe, lift right heel up & down
&7 Touch side left toe, lift right heel up & down
&8 Touch back left toe, lift right heel up & down

WALK WALK, STOMP STOMP STOMP, ROCK STEP, TRIPLE ½ TURN RIGHT

- 1-2 Step forward left foot, step forward right foot,
3&4 Stomp left-right-left moving forward
5-6 Rock right foot forward, step left foot in place
7&8 Step right-left-right turning ½ right

WALK WALK, STOMP STOMP STOMP, ROCK STEP, TRIPLE ½ TURN RIGHT

- 1-2 Step forward left foot, step forward right foot,
3&4 Stomp left-right-left moving forward
5-6 Rock right foot forward, step left foot in place
7&8 Step right-left-right turning ½ right

SWIVEL HEELS OUT- IN & HITCH RIGHT KNEE, SWIVEL HEELS OUT- IN & HITCH LEFT KNEE, STOMP LEFT FOOT, CROSS ROCK RIGHT OVER LEFT STEP LEFT, STEP RIGHT, STEP LEFT OVER RIGHT FOOT, TOUCH RIGHT TOE BACK

- 1&2 Swivel both heels out, swivel both heels together, lift right knee up
&3&4 Step right foot in place, swivel both heels out, swivel both heels together, lift left knee up
5-6& Stomp left foot in place, rock right foot over left foot, step left foot in place
7&8 Step right foot to right side, cross left foot over right foot, touch right toe back

ROCK STEP TURNING ¼ RIGHT, COASTER, STEP FORWARD, TURN ¼ RIGHT, SHIFT HIPS RIGHT-LEFT-RIGHT

- 1-2 Turn ¼ right rocking forward right foot, step left foot in place
3&4 Step right foot back, step left foot next to right foot, step right foot forward
5-6 Step left foot forward, turn ¼ right (weight stays over left foot)
7&8 Step right foot in place shifting hips right, shift hips left, shift hips right

REPEAT

TAG

Complete 6 walls. Hold 10 beats after completing 6th wall and restart

Or

Complete 6 walls and do 4 step touches (step side left foot,touch right, step side right foot, touch left, step forward left, touch right, step back right, touch left) and stomp stomp (stomp left foot, stomp right foot)and start dance over from the top
