

At Play

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Mike Cook (USA)
音樂: No One Needs to Know - Shania Twain



This dance was choreographed by the Wednesday Night Regulars at Playfield's Sports Bar, Colonie, New York. Mike Cook & Emma, Don & Donna, Frank & Linda, Tim & Chris, Jim & Betty, Loyal & Chris, Rich & Linda, Diane & Patty, Mike & Karen, Don & Liz (I hope I didn't leave anyone out)

APPLE JACKS

- 1 Left toe and right heel to the left
- & Left toe and right heel back to center
- 2 Right toe and left heel to the right
- & Right toe and left heel back to center
- 3 Left toe and right heel to the left
- & Left toe and right heel back to center
- 4 Right toe and left heel to the right

FORWARD SHUFFLE RIGHT-LEFT-RIGHT, FORWARD SHUFFLE LEFT-RIGHT-LEFT

- 5 Step right foot forward
- & Step left foot forward slightly behind right
- 6 Step right foot forward
- 7 Step left foot forward
- & Step right foot forward slightly behind left
- 8 Step left foot forward

JUMP FORWARD, CROSS FEET, UNWIND FULL TURN, JUMP FORWARD

- 9 Jump forward with feet slightly apart
- 10 Criss cross right foot in front of left and left foot behind right
- 11 Unwind full turn to the left facing the same wall
- 12 Jump forward with feet slightly apart

SAILOR STEPS, LEFT-RIGHT

- 13 Step left foot behind right
- & Step right foot to the right side
- 14 Step left foot to the left side
- 15 Step right foot behind left
- & Step left foot to the left side
- 16 Step right foot to the right side

SHUFFLE LEFT-RIGHT-LEFT ½ TURN LEFT, SHUFFLE RIGHT-LEFT-RIGHT ¼ TURN LEFT

- 17 Step left foot ½ turn to the left
- & Step right foot slightly behind left
- 18 Step left foot forward
- 19 Step right foot over left ¼ turn to the left
- & Step left foot slightly behind right
- 20 Step right foot forward

ROCK BACK LEFT, TOUCH LEFT BESIDE RIGHT, ROCK BACK LEFT, STEP DOWN RIGHT, STEP FORWARD LEFT

- 21 Rock back on left foot and put right heel in front
- 22 Step right foot down and touch left toe next to right heel

- 23 Rock back on left foot and put right heel in front
& Step right foot down
24 Step slightly forward on left foot putting weight on it

RIGHT FORWARD, PIVOT ½ TURN LEFT, RIGHT FORWARD, PIVOT ½ TURN LEFT

- 25 Step right foot forward
26 Pivot ½ turn left on balls of feet
27 Step right foot forward
28 Pivot ½ turn left on balls of feet

KICK RIGHT FORWARD TWICE, STOMP RIGHT-LEFT

- 29 Kick right foot forward
30 Kick right foot forward
31 Stomp right foot next to left
32 Stomp left foot next to right

REPEAT
