

AM/FM (All My Favorite Moves)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Holly Susan (Boots) Groeschel (USA)
音樂: Sweet Little Shoe - Dan Seals



BASIC CHA PATTERN

- 1 Step right foot to right side
- 2 Rock forward onto left foot
- 3 Rock back onto right foot
- 4 Step left foot to left side
- & Step right foot next to left foot
- 5 Step left foot to left side
- 6 Rock back onto right foot
- 7 Rock forward onto left foot
- 8 Touch right toe next to left instep (no weight on right)

BASIC HUSTLE PATTERN (WHEEL), ½ TURN AND DOUBLE BODY ROLL

- & Step back slightly onto right toe/ball (as a push off)
- 9 Step forward with left foot
- 10 Step forward with right toe/ball
- 11 Pivot ½ turn right on ball of left
- 12 Touch right toe next to left instep
- 13-14 Body roll forward onto right foot
- 15-16 Body roll backward onto left foot

BASIC CHA PATTERN:

- 17 Step right foot to right side
- 18 Rock forward onto left foot
- 19 Rock back onto right foot
- 20 Step left foot to left side
- & Step right foot next to left foot
- 21 Step left foot to left side
- 22 Rock back onto right foot
- 23 Rock forward onto left foot
- 24 Touch right toe next to left instep (no weight on right)

BASIC HUSTLE PATTERN (WHEEL), ½ TURN AND DOUBLE BODY ROLL

- & Step back slightly onto right toe/ball (as a push off)
- 25 Step forward with left foot
- 26 Step forward with right toe/ball
- 27 Pivot ½ turn right on ball of left
- 28 Touch right toe next to left instep
- 29-30 Body roll forward onto right foot
- 31-32 Body roll backward onto left foot

SPIRAL TURN (OR TURNING VINE)

- 33 Step right foot to right side
- 34 Pivot ½ turn right on ball of right foot, stepping to left side with left foot
- 35 Pivot ½ turn right on ball of left foot, stepping to right side with right foot
- 36 Step together with left foot next to right foot (no weight on right)

Option: count 33-36 with spiral action:

- 33 Step right foot to right side
- 34 Spin $\frac{1}{2}$ turn right on ball of left foot (feet will be crossed right over left)
- 35 Continue spin $\frac{1}{2}$ turn right on ball of left foot (feet will still be crossed right over left)
- 36 Hold (feet will still be crossed right over left)

SIDE POINTS

- 37 Point/touch right toe to right side
- 38 Place right foot next to left foot
- 39 Point/point left toe to left side
- 40 Place left foot next to right foot

PUSH STEP, SYNCOPATED STOMPS AND TOE TOUCHES WITH $\frac{1}{4}$ TURN LEFT

- & Step back with right toe/ball
- 41 Step forward with left foot
- 42 Stomp (down) forward with right foot
- 43 Clap
- & Stomp (down) with left foot next to right foot
- 44 Stomp (down) forward with right foot
- 45 Place left toe/ball next to right instep
- 46 Pivot $\frac{1}{4}$ turn left on ball of left foot and touch right toe next to left instep
- 47 Touch left toe next to right instep
- 48 Touch right toe next to left instep

REPEAT
