

All My Tricks

COPPERKNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Improver
編舞者: Joanne Brady (USA)
音樂: She Knows All My Tricks - Atlanta Rhythm Section



BASIC EAST COAST SWING

1&2 Shuffle right, left, right in place
3&4 Shuffle left, right, left, in place
5-6 Rock back on right, step in place on left

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ROCK STEPS FORWARD & BACK

1-2 Rock forward on right. Step in place on left
3-4 Rock back on right, step in place on left

RIGHT SCUFF, HOOK, SCUFF, STEP, LEFT SCUFF, HOOK, SCUFF, STEP

1-2 Scuff right heel forward, hook or cross right heel in front of left leg
3-4 Scuff right heel forward, step forward on right foot
5-6 Scuff left heel forward, hook or cross left heel in front of right leg
7-8 Scuff left, heel forward, step forward on left foot

RIGHT & LEFT HEEL TAPS (WITH ATTITUDE)

1-4 Touch right toe forward toward 1:00 (with knee bent), drop right heel & tap three times
5-8 Touch left toe forward toward 11:00 (with knee bent), drop left heel & tap three times

TOE STRUTS TRAVELING LEFT

1-4 Cross right toe in front of left foot, drop right heel, step to left with left toe, drop left heel
5-8 Cross right toe in front of left foot, drop right heel, step to left with left toe, drop left heel

RIGHT TRAVELING KICK BALL CHANGES

1&2 Kick right forward, step back on ball of right foot while traveling slightly, to the right, slightly lifting left, step down on left next to right
3&4 Repeat above kick ball traveling slightly to right
5&6 Repeat above kick ball traveling slightly to right
7&8 Repeat above kick ball traveling slightly to right

SIDE TOE TOUCHES (POINT & REPLACE)

1-2 Point right toe to right, hold
&3-4 Bring right foot in place, point left toe to left, hold
&5-6 Bring left foot in place, point right toe to right, hold
&7-8 Bring right foot in place, point left toe to left, hold

HOLD CROSS, UNWIND, SHOULDER SHIMMY

1-2 Cross left over right, hold
3-4 On balls of both feet, unwind ½ turn to the right (will take 2 beats of music)
5-6 Drop right shoulder while lifting left shoulder, drop left shoulder while lifting right shoulder
7-8 Drop right shoulder while lifting left shoulder, drop left shoulder while lifting right shoulder

REPEAT

There are 2 times in the song that an instrumental section is played. At the end of each instrumental section there is a 16 beat music lick. Each time you get to this you will do toe, heel rambles....they will begin traveling to right with heels, toes, heels, toes then to left with toes, heels, toes, heels & repeat sequence. After the first instrumental you will dance the entire dance 2 times through. After the 2nd complete time you will do the last 16 steps of the original dance 1 more time....they sing "She's got my number, she knows all my tricks" 2 times....It's much easier then this sounds; just listen carefully to the music.
