

Disturbance Cha

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate / Advanced
編舞者: Ephraim Kirkland - October 2007
音樂: Ooh Poo Pah Doo - Taj Mahal : (CD: Phantom Blues)



Dance starts with the beat after about 26 seconds, on the word "doo"

TURN ¼, SPIN, STEP, STEP-TOUCH-STEP, ROCK, RECOVER, (1/8 LEFT) SIDE-TOGETHER-¼

- 1 Step left to side making ¼ turn left (beginning a 1-¼ spin)
2-3 Hitch right leg with foot next to calf and spin on ball of foot a full turn left (9:00), step right forward
4&5 Step left forward, touch right, step right forward (easy option; remove spin on count 2 above, just hitch.)
6-7 Rock left forward, recover back to right
8&1 Turn 1/8 to left and step left to side.(7:30), step right next to left, turn ¼ left and step left forward (4:30)

PREP, ½, ½-TOGETHER-STEP, ROCK, RECOVER, SIDE-CROSS-TOUCH

- 2-3 Step right forward and prep for a right turn, turn ½ right and step back left
4&5 Continue to turn another ½ as you step into a forward shuffle with right, left, right (4:30)
6-7 Rock left forward, recover back to right
8&1 Take a small step left with left, quickly CROSS RIGHT OVER LEFT, touch left toe to left side

BEHIND, SWEEP, BEHIND-SIDE-¼, WALK, WALK, SHUFFLE

- 2-3 Cross left behind right, sweep right around to the right
4&5 Land the right behind left, and quickly step left to left starting ¼ left turn, and right across left finishing the ¼ left turn (1:30)
6-7 Walk forward left, walk right
8&1 Shuffle forward left, right, left

STEP, TURN (¼), SHUFFLE, WALK, WALK, MAMBO-TURN (3/8 LEFT)

- 2-3 Step forward right, pivot on the ball of right foot ¼ left and step forward left (10:30)
4&5 Shuffle forward right, left, right
6-7 Walk forward left, right
8&1 Rock LEFT FORWARD, recover back to right and start 3/8 left turn, finish the 3/8 left turn as you step LEFT FORWARD (6:00)

TURN ½, ½, SHUFFLE-PREP, ½, ½, STEP, TURN (½ RIGHT)

- 2-3 Travel towards 6:00 as you turn one full turn left, stepping right, then left (turn left step right back, turn left step left forward.)
4&5 Shuffle right, left, right (end with the right toe turned out, preparing to turn right)
(option; move forward counts 2-7, no turns)
6-7 Still traveling towards 6:00, make a full turn right, stepping left, then right
(turn right step left back, turn right step right forward.)
8-1 Step left forward, make ½ turn right and step forward with right (12:00)

TURN ¼, ½, ROCK, HOLD, FAST BUMPS, SIDE-TOGETHER

- 2-3 Turns right ¼ and step left to left (9:00 traveling towards 12:00), turning another ½, step right to right (3:00)
4-5 Rock weight onto left foot, hold
&6&7& Bump hips quickly in a circle to the left, bumping right, forward-right, left-forward, back-left, and back to right
8& Step left to left, step right next to left

Begin again.
