

Zondag

COPPERKNOB
STEPSHETS

拍數: 0 牆數: 0 級數: Phrased Intermediate
編舞者: Michel Platje (NL), Anita Zwiens (NL) & Satu Ketellapper (NL) - April 2008
音樂: Dit Moet Een Zondag Zijn - Lange Frans & Baas B



Sequence: A,B,A,B, Mini A (On count 47 the $\frac{3}{4}$ turn changes in $\frac{1}{2}$ turn then B starts facing 12.00 again),B

PART A:

Vine, Rock step, vine $\frac{1}{4}$ right

- 1 RF step behind LF
- & LF step to left side
- 2 RF cross over LF
- 3 LF step to left side(weight on left)
- 4 RF put weight on RF
- 5 LF behind RF
- & RF step forward $\frac{1}{4}$ right (face 15.00)
- 6 LF step forward
- 7 RF pressure step forward
- 8 RF sweep around over right side $\frac{3}{4}$ turn right (face 12.00)

Coaster step, walk, hip rolls

- 1 RF step backward
- & LF step next to RF
- 2 RF step forward
- 3 LF walk forward
- 4 RF walk forward
- 5 LF step to left side, weight on LF
- 6 RF change weight back to RF
- 7 LF change weight back on LF
- 8 RF touch next to LF

Turn $\frac{1}{4}$, walk, kickball cross

- 1 RF Turn $\frac{1}{4}$ right in place putting
- 2 Lf toe keeps next to RF, whilst weight end on RF
- 3 LF walk forward
- 4 RF walk forward
- 5 LF kick forward diagonal to right side
- & LF put weight on LF
- 6 RF cross behind LF
- 7 Start turn $\frac{1}{4}$ right on both feet
- 8 End $\frac{3}{4}$ turn ending weight on both feet (face 12.00)

Coaster step, walk back, jazzbox

- 1 RF step RF backward
- & LF step next to RF
- 2 RF step RF cross front over LF
- 3 LF step backwards
- 4 RF step backwards
- & LF step backward
- 5 RF rock step backwards
- 6 LF put weight back on LF
- 7 RF step cross over LF

- & LF step LF backwards
- 8 RF ½ turn over right shoulder RF step forwards (face 18.00)

Slide, kickball cross, full turn, pressure step

- 1 LF Big step to left side
- 2 RF step next to LF
- 3 RF Kick forward
- & RF put weight on RF
- 4 LF in place behind RF, RF is on heel
- & RF step back
- 5 LF kick forward
- & LF step forward
- 6 RF cross behind LF
- 7 start Full turn over right shoulder keep weight on both feet
- 8 End full turn over right shoulder (18.00)

Scuff, pressure step, coaster step

- 1 RF scuff forward
- 2 RF Pressure step on right toe
- 3 LF step backwards
- & RF step next to LF
- 4 LF step forward
- 5 Hitch up right knee
- 6 RF point toe backwards (toe may not touch the floor)
- 7 RF step forward
- & LF step forward ½ turn left
- 8 RF step forward ¼ turn left (face 21.00)

Skate, point, coaster step, turn

- 1 LF skate forward
- 2 RF skate forward
- 3 LF point cross over RF
- 4 LF point to left side
- 5 LF cross behind RF
- & RF nest to LF
- 6 LF step to left side
- 7 RF point backwards behind LF
- 8 RF point to right side

Point , Jazzbox

- 1 RF cross in front of LF
- & LF step back ¼ turn right (12.00)
- 2 RF step forward ¼ turn right (15.00)
- 3 LF big step to left side
- 4 RF Hitch up right knee
- 5 RF big step to right side 1/8 right
- 6 LF hitch up left knee
- 7 LF big step 1/5
- 8 RF hitch up right knee (12.00)

PART B:

Walk, Shuffle, ¾ turn

- 1 RF Walk forward
- 2 LF Walk forward

- 3 RF step forward
- & LF step next to RF
- 4 RF step forward
- 5 LF step forward ½ turn right
- 6 RF step forward ¼ turn right
- 7 LF step to left side
- 8 RF drag next to left

Vine, Shuffle ¾ turn

- 1 Rf step behind LF
- & LF step next to RF
- 2 RF step forward
- 3 Lf step forward
- & RF step next to LF
- 4 Lf step forward
- 5 RF step forward ½ turn left
- & LF step forward ¼ turn left
- 6 RF step next to LF
- 7 Bump hips right side snapping fingers with right hand
- 8 Bump hips to right side snapping fingers with right hand

Hold, vine shuffle ¾ turn

- & RF step to right side
- 1 LF step to left side
- 2 Spread out arms on hip height
- 3 LF step behind RF
- & RF step forward ¼ turn right
- 4 LF step forward
- 5 RF step forward
- & LF step next to RF
- 6 RF step forward
- 7 LF step forward ¼ turn right
- & Rf step back ½ turn right
- 8 Lf step forward cross over right

Slide, vine, 1 ½ turn

- 1 RF step to right side
- 2 LF step next to RF
- 3 Bump hips to right side snapping fingers with right hand
- 4 Bump hips to right side snapping fingers with right hand
- 5 RF step behind LF
- & LF step to left side
- 6 RF step cross over LF
- & LF step to left side
- 7 RF cross behind LF
- 8 1 ½ turn over right shoulder (18.00)

End of part B
