

Alesha's Boy

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Michael Lynn (UK) - October 2008
音樂: The Boy Does Nothing - Alesha Dixon : (3:29)



(64 count intro, 87bpm)

LEFT ROCKING CHAIR, FORWARD LEFT SHUFFLE, STEP-TURN-STEP. FULL TRIPLE TURN RIGHT

1&2& Rock forward on left, rock back onto right, rock back on left, rock forward onto right,
3&4 Step forward left, close right beside left, step forward left,
5&6 Step forward right, pivot 1/2 turn left, step forward right,
7&8 Triple step full turn right, stepping - left, right, left.

EASIER ALT: Counts 7&8 can be replaced with a forward left shuffle.

TOUCH OUT/IN/KICK, WEAVE, ZIGZAG RIGHT, UNWIND 1/2 TURN RIGHT

1& Touch right toe to right side, touch right toe next to left,
2& Touch right toe to right side, kick right to right diagonal,
3&4 Cross right behind left, step left to left side, cross right over left,
5&6 & Cross left over right, step right to right side, cross left behind right, step right to right side,
7-8 Cross left over right, unwind 1/2 turn right.

SHIMMIES, ZIGZAG LEFT, UNWIND 1/2 TURN LEFT

1&2 Step right to right side, dragging left beside right (shimmy shoulders as you drag),
3&4 Step right to right side, dragging left beside right (shimmy shoulders as you drag),
5&6 & Cross right over left, step left to left side, cross right behind left, step left to left side,
7-8 Cross right over left, unwind 1/2 turn left.

MAMBO KICK STEPS, PADDLE 1/3 TURN LEFT x2, 1/3 TURN LEFT, SAILOR 1/4 TURN LEFT

1&2 & Rock forward right, recover left, step right beside left, kick left forward,
3&4& Rock back left, recover right, step left beside right, kick right forward,
5& Make 1/3 turn left touching right toe to right side, hitch right knee,
6& Make 1/3 turn left touching right toe to right side, hitch right knee,
7 Spring onto right making 1/3 left (should face wall you started on count 5)
8& Sweeping left behind right, make 1/4 turn left stepping right beside left.

EASIER ALT: Counts 5-6 can be replaced with a right rock recover; rock weight onto right, recover left.

Counts 7&8 can be replaced with a coaster 1/4 turn left, stepping right back, step left 1/4 left, step right beside left.

No tags or restarts! Have fun!!!