

Hoist 'Em Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Tony Wilson (USA) & Lana Harvey (USA) - October 2008
音樂: Sloop John B - The Beach Boys : (CD: Stars And Stripes)



Teach: Leaving Of Liverpool, Showband Show, 94 BPM, Tradition Lives On CD

Start after 12 counts on vocals

SAILOR STEPS, ½ PIVOTS

1&2 Step R behind L, step L to left side, step R next to L
3&4 Step L behind R, step R to right side, step L next to R
5-6 Step R forward, pivot ½ left on ball of L weight ending on L
7-8 Step R forward, pivot ½ left on ball of L weight ending on L

STOMP, CLAP, STOMP, CLAP, HEEL, TOE, SHUFFLE FWD

1-2 Stomp R forward, hold and clap
3-4 Stomp L forward, hold and clap
5-6 Touch R heel forward, touch R toe back
7-8 Shuffle forward RLR

¼ PIVOT, CROSS SHUFFLE, ¼ TURN L, FWD LOCK STEP

1-2 Step forward on L, pivot ¼ right on ball of R weight ending on R
3&4 Cross step L over R, step R slightly to right, cross step L over R
5 Pivoting ¼ left on ball of L, step R back
6 Rock back on L (you are now facing wall 1 with body angled left)
7&8 Step R forward, lock L behind R, step R forward

HEEL, TOE ½ TURN L, SHUFFLE FWD, STOMP, CLAP, STOMP, CLAP

1-2 Touch L heel forward, touch L toe back
& Pivot ½ left on ball of R
3&4 Shuffle forward LRL
5-6 Stomp R forward, hold and clap
7-8 Stomp L forward, hold and clap

Start Again
