

Sixty Minute Man

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Terry Pournelle (USA) - February 2009
音樂: Sixty Minute Man - The Embers



Special thanks to Beverly Pournelle for the music suggestion!

Start dancin' on the vocals

TOE, HEEL, CROSS, TOE, HEEL, CROSS, TOUCH, KICK

1-2 Right toe touch to left instep, right heel touch to left instep
3-4 Cross right over left, left toe touch to right instep
5-6 Left heel touch to right instep, cross left over right
7-8 Right toe touch to left instep, kick right diagonal

(For more of a challenge try swiveling the opposite foot naturally (Sugar Foot))

BEHIND, SIDE, CROSS, KICK, BEHIND, SIDE, ¼ TURN KICK

1-2 Cross right behind left, step left to left side
3-4 Cross right over left, kick left foot to left diagonal
5-6 Cross left behind right, step right to right side
7-8 Turn ¼ turn right stepping forward left, kick right forward

TOE STRUT, TOE STRUT, STEP ½ PIVOT, SHUFFLE FORWARD

1-2 Touch right toe forward, drop right heel
3-4 Touch left toe forward, drop left heel
5-6 Step right forward, turn ½ left (weight on left)
7-8 Step right forward, step left together, step right forward

ROCK, RECOVER, COASTER, ¼ TURN LEFT, LITTLE JUMP FORWARD AND WIGGLE!

1-2 Rock forward left, recover right
3&4 Step back left, step together right, step forward left
5-6 Step forward right, turn ¼ left
&7-8 Little jump forward and wiggle, wiggle (feel free to make this your own)

Begin again and enjoy!
