

Posh Pop

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michele Perron (CAN) - March 2009
音樂: If I Can't Dance - Sophie Ellis-Bextor : (CD: Trip Light Fantastic)



Introduction: 32 Counts

Sec 1 (1-8) Forward, Forward/Turn, Coaster Back, L Triple Forward, &-Kick-Hitch

1,2 RIGHT Step forward; LEFT Toe/Ball Step forward, then 1/2 Turn R [torque turn] (6 o'clock)
3&4 RIGHT Step back, LEFT beside R, RIGHT Step forward
5&6 LEFT Triple forward (L forward, R beside, L forward)
&78 RIGHT Step beside L, LEFT Kick forward, LEFT Knee hitch 'up'

***Styling Note: Bend slightly forward from waist on low hitch 'up'**

Sec 2 (9-16) Back, Turn, Across-Side-Behind, Side, Slide Together, Syncopated Toe Fans

1,2 LEFT Step back; Turn 1/4 R with RIGHT Step side R (9 o'clock)
3&4 LEFT 3Step across front of R, RIGHT Step side R, LEFT Step crossed behind R
5,6 RIGHT Step side R; LEFT Slide/Step beside R
7&8 RIGHT Toe Fan: Out, In, Out

RESTART

Sec 3 (17-24) Behind, Behind-Side-Side, Back, L Triple Turn, Forward, Turn

1,2 RIGHT Step back and crossed behind L; LEFT Step crossed behind R
&34 Turn 1/2 L RIGHT Step side R, LEFT Step side L, (3 o'clock), Turn 1/4 L with RIGHT Step back (12 o'clock)
5&6 LEFT Triple with 1/2 Turn L (L side L, R beside, L forward) (6 o'clock)
7,8 RIGHT Step forward; Turn 1/2 L with LEFT Step forward (12 o'clock)

Sec 4 (25-32) Turn/Side, Knees In, Slide, Stomp; Skate, Skate, Heel, Heel

1 Turn 1/4 L with RIGHT Step side R * (9 o'clock)
2 Twist Knees 'in', toes in (* bend knees, second foot position, knees 'out', toes 'out')
3,4 LEFT Slide/Drag to R; LEFT Stomp/Step beside R
5,6 RIGHT, LEFT Skate *

(Skate: Toe/Ball slides, curving out and side, toes point out, ending with weight change)

7,8 LEFT Heel twice (L Toe/Ball remains on floor, heel up & down; in 'press/lunge' position)

Begin Again

RESTART: On third rotation, restart AFTER Count 16, after syncopated toe fans. You will be facing 3 o'clock wall on the restart.

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