

Whirl-Away

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Contra Advanced
編舞者: Knox Rhine (USA) - February 2009
音樂: Tornero - Paul London



Also:

Road Runner/ Microwave Dave & The Nukes [125 bpm]

Solé/ Costanzo [132 bpm]

ROCK-STEP-TURN, SIDE-TOGETHER-SIDE-TURN, SIDE-TOGETHER-SIDE-TURN, SIDE-TOGETHER-SIDE

- 1 Step LEFT foot forward
- 2 Rock back onto RIGHT foot
- & On RIGHT toe/ball pivot ¼ turn left
- 3 Step LEFT foot to left side
- & Step RIGHT foot beside left foot
- 4 Step LEFT foot to left side
- & On ball of LEFT foot, pivot a 1/2 turn right
- 5 Step RIGHT foot to right side
- & Step LEFT foot beside right foot
- 6 Step RIGHT foot to right side
- & On ball of RIGHT foot, pivot a 1/2 turn left
- 7 Step LEFT foot to left side
- & Step RIGHT foot beside left foot
- 8 Step LEFT foot 1/4 turn left

ROCK-STEP-TURN, SIDE-TOGETHER-SIDE-TURN, SIDE-TOGETHER-SIDE-TURN, SIDE-TOGETHER-SIDE

- 9 Step RIGHT foot forward
- 10 Rock back onto LEFT foot
- & On LEFT toe/ball pivot 1/4 turn right
- 11 Step RIGHT foot to right side
- & Step LEFT foot beside right foot
- 12 Step RIGHT foot to right side
- & On ball of RIGHT foot, pivot a 1/2 turn left
- 13 Step LEFT foot to left side
- & Step RIGHT foot beside left foot
- 14 Step LEFT foot to left side
- & On ball of LEFT foot, pivot a 1/2 turn right
- 15 Step RIGHT foot to right side
- & Step LEFT foot beside right foot
- 16 Step RIGHT foot 1/4 turn right

LEFT HEEL GRIND, COASTER STEP, RIGHT HEEL GRIND, COASTER STEP

- 17 Step LEFT heel in front of right foot, toe pointed right
- 18 Fan LEFT toe to left side, rocking back onto right foot
- 19& Step LEFT foot back. Step RIGHT foot beside left foot
- 20 Step LEFT foot forward
- 21 Step RIGHT heel in front of left foot, toe pointed left
- 22 Fan RIGHT toe to right side rocking back onto left foot
- 23& Step RIGHT foot back. Step LEFT foot beside right foot
- 24 Step RIGHT foot forward

STEP, PIVOT, STEP, FULL TURN, STEP, 1/2 TURN, COASTER STEP

- 25 Step LEFT toe/ball forward
- 26 Pivot 1/2 turn right on ball of RIGHT foot
- 27* Step LEFT toe/ball forward
- 28* Rotate 1 full turn right on ball of LEFT foot hooking RIGHT foot across left shin
- 29 Step RIGHT toe/ball forward
- 30 Rotate 1/2 turn right on ball of RIGHT foot stepping LEFT foot back
- 31& Step RIGHT foot back. Step LEFT foot beside left foot
- 32 Step RIGHT foot forward

STEP, PIVOT, STEP, FULL TURN, STEP, 1/2 TURN, COASTER STEP

- 33 Step LEFT toe/ball forward
- 34 Pivot 1/2 turn right on ball of RIGHT foot
- 35* Step LEFT toe/ball forward
- 36* Rotate 1 full turn right on ball of LEFT foot hooking RIGHT foot across left shin
- 37 Step RIGHT toe/ball forward
- 38 Rotate 1/2 turn right on ball of RIGHT foot stepping LEFT foot back
- 39& Step RIGHT foot back. Step LEFT foot beside left foot
- 40 Step RIGHT foot forward

CROSS, 1/2 TURN, HEEL-TOE-CROSS, SIDE, BEHIND-SIDE-FRONT, SIDE

- 41 Step LEFT foot across in front of right leg
- 42 Pivot 1/2 turn right on ball of LEFT foot
- 43 Touch RIGHT heel forward-right
- & Step RIGHT toe-ball next to left heel
- 44 Step LEFT foot across in front of right leg
- 45 Step RIGHT foot to right side
- 46 Step LEFT foot behind right foot
- & Step RIGHT foot to right side
- 47 Step LEFT foot across in front of right leg
- 48 Step RIGHT foot to right side

CROSS, 1/2 TURN, HEEL-TOE-CROSS, SIDE, BEHIND-SIDE-FRONT, SIDE

- 49 Step LEFT foot across in front of right leg
- 50 Pivot 1/2 turn right on ball of LEFT foot
- 51 Touch RIGHT heel forward-right
- & Step RIGHT toe-ball next to left heel
- 52 Step LEFT foot across in front of right leg
- 53 Step RIGHT foot to right side
- 54 Step LEFT foot behind right foot
- & Step RIGHT foot to right side
- 55 Step LEFT foot across in front of right leg
- 56 Step RIGHT foot to right side

CROSS-ROCK, SIDE-TOGETHER-SIDE, CROSS-ROCK, TURN-TOGETHER-TURN

- 57 Step LEFT foot across in front of right leg
- 58 Rock back onto RIGHT foot
- 59 Step LEFT foot to left side
- & Step Right foot beside left foot
- 60 Step LEFT foot to left side
- 61 Step RIGHT foot forward in front of left leg
- 62 Rock back onto left foot
- 63 Step RIGHT foot 1/4 turn right
- & Step LEFT foot beside right foot

64 Step RIGHT foot 1/4 turn right

***Option: Steps 27-28 & 35-36: Shuffle L-R-L**
