

Show Me How

COPPER **NOB**
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Knox Rhine (USA) - December 2010
音樂: Show Me How You Burlesque - Christina Aguilera



Start on vocals, 16 counts after finger snaps start

KICK-BALL-STEP-POINT, BOUNCE/SNAPS, COASTER STEP-POINT, BOUNCE/SNAPS

1 Kick RIGHT foot forward
& Step RIGHT toe/ball beside left foot
2 Step LEFT foot forward
& Touch RIGHT toe forward
3 Bounce RIGHT heel/ snap fingers
4 Bounce RIGHT heel/ snap fingers
5 Step RIGHT foot back
& Step LEFT foot beside right foot
6 Step RIGHT foot forward
& Touch LEFT toe forward
7 Bounce LEFT heel/ snap fingers
8 Bounce LEFT heel/ snap fingers

COASTER STEP-POINT, BOUNCE/SNAPS, KICK-BALL-STEP-POINT, BOUNCE/SNAPS

9 Step LEFT foot back
& Step RIGHT foot beside left foot
10 Step LEFT foot forward
& Touch RIGHT toe forward
11 Bounce RIGHT heel/ snap fingers
12 Bounce RIGHT heel/ snap fingers
13 Kick RIGHT foot forward
& Step RIGHT foot beside left foot
14 Step LEFT foot forward
& Touch RIGHT toe forward
15 Bounce RIGHT heel/ snap fingers
16 Bounce RIGHT heel/ snap fingers

SWIVEL PUSH RIGHT, SWIVEL PUSH LEFT

17 Push with LEFT toe/ball twisting body right stepping right foot to right side
& Step LEFT toe/ball beside right foot relax body
18 Push with LEFT toe/ball twisting body right stepping right foot to right side
& Step LEFT toe/ball beside right foot relax body
19 Push with LEFT toe/ball twisting body right stepping right foot to right side
& Step LEFT toe/ball beside right foot relax body
20 Push with LEFT toe/ball twisting body right stepping right foot to right side
21 Push with RIGHT toe/ball twisting body left stepping left foot to left side
& Step RIGHT toe/ball beside left foot relax body
22 Push with RIGHT toe/ball twisting body left stepping left foot to left side
& Step RIGHT toe/ball beside left foot relax body
23 Push with RIGHT toe/ball twisting body left stepping left foot to left side
& Step RIGHT toe/ball beside left foot relax body
24 Push with RIGHT toe/ball twisting body left stepping left foot to left side

***1/2 TURNING TRIPLE STEP-POINT, BOUNCE/SNAPS, 1/2 TURNING TRIPLE STEP-POINT,**

BOUNCE/SNAPS

- 25 Step RIGHT foot 1/4 turn right [3:00]
- & Step LEFT foot beside right foot
- 26 Step RIGHT foot 1/4 turn right [6:00]
- & Touch LEFT toe forward
- 27 Bounce LEFT heel/ snap fingers
- 28 Bounce LEFT heel/ snap fingers
- 29 Step LEFT foot 1/4 turn left [3:00]
- & Step RIGHT foot beside left foot
- 30 Step LEFT foot 1/4 turn left [12:00]
- & Touch RIGHT toe forward
- 31 Bounce RIGHT heel/ snap fingers
- 32 Bounce RIGHT heel/ snap fingers

LINDY RIGHT-TOUCH, BOUNCE/SNAPS, LINDY LEFT-TOUCH, BOUNCE/SNAPS

- 33 Step RIGHT foot to right side
- & Step LEFT foot beside right foot
- 34 Step RIGHT foot to right side
- & Touch LEFT toe across behind right heel
- 35 Bounce LEFT heel/ snap fingers
- 36 Bounce LEFT heel/ snap fingers
- 37 Step LEFT foot to left side
- & Step RIGHT foot beside left foot
- 38 Step LEFT foot to left side
- & Touch RIGHT toe across behind left heel
- 39 Bounce RIGHT heel/ snap fingers
- 40 Bounce RIGHT heel/ snap fingers

SHUFFLE FORWARD, KICK, FLICK, SHUFFLE FORWARD, SIDE ROCK

- 41 Step RIGHT foot forward
- & Step LEFT foot beside right foot
- 42 Step RIGHT foot forward
- 43 Kick LEFT foot forward
- 44 Pivot 1/2 turn right on ball of RIGHT foot, flick LEFT heel up
- 45 Step LEFT foot forward
- & Step RIGHT foot beside left foot
- 46 Step LEFT foot forward
- 47 Step RIGHT foot to right side
- 48 Rock left onto LEFT foot

SYNCOPATED SASSY STEP CIRCLE

One full circle right; done in place

- 49 Twist left on ball of LEFT foot touching RIGHT toe/ball next to left toe
- & Twist right on ball of right foot touching LEFT toe/ball next to right toe
- 50 Twist left on ball of LEFT foot touching RIGHT toe/ball next to left toe
- 51 Twist 1/4 turn right on ball of right foot touching LEFT toe/ball next to right toe
- 52 Twist left on ball of LEFT foot touching RIGHT toe/ball next to left toe
- 53 Twist right on ball of right foot touching LEFT toe/ball next to right toe
- & Twist left on ball of LEFT foot touching RIGHT toe/ball next to left toe
- 54 Twist 1/4 turn right on ball of right foot touching LEFT toe/ball next to right toe
- 55 Twist left on ball of LEFT foot touching RIGHT toe/ball next to left toe
- 56 Twist right on ball of right foot touching LEFT toe/ball next to right toe
- 57 Twist left on ball of LEFT foot touching RIGHT toe/ball next to left toe
- & Twist right on ball of right foot touching LEFT toe/ball next to right toe

- 58 Twist left on ball of LEFT foot touching RIGHT toe/ball next to left toe
 - 59 Twist 1/4 turn right on ball of right foot touching LEFT toe/ball next to right toe
 - 60 Twist left on ball of LEFT foot touching RIGHT toe/ball next to left toe
 - 61 Twist right on ball of right foot touching LEFT toe/ball next to right toe
 - & Twist left on ball of LEFT foot touching RIGHT toe/ball next to left toe
 - 62 Twist 1/4 turn right on ball of right foot touching LEFT toe/ball next to right toe
 - 63 Twist left on ball of LEFT foot touching RIGHT toe/ball next to left toe
 - 64 Twist right on ball of right foot touching LEFT toe/ball next to right toe
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