

Footprints (Yodeling Polka)

COPPER KNOB
BY STEPHEN METZ

拍數: 64 牆數: 4 級數: Improver
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音樂: Modern Patsy - Footprints



Intro: 16 count after the slow beats (15 Sec)

[1-8] Touch Back, Unwind 1/2 L, Scuff Fwd Quarter Turn L, Back Rock / Recover, Side Chasse

1-2 Touch back on Lf, turn 1/2 to left (6) take weight onto Lf
3&4 Scuff forward on Rf, turn 1/4 to left on Lf (3), step Rf back in place slightly to right weight onto Rf
5-6 Rock back on Lf, recover on Rf weight onto Rf
7&8 Step Lf to the left, step Rf beside Lf, step Lf to the left weight onto Lf (Side Chasse) (3:00)

[9-16] Rock / Recover, Side Chasse with 1/4 Turn R, 1/2 Shuffle Turn R, Back Rock / Recover

1-2 Rock forward on Rf, recover on Lf weight onto Lf
3&4 Step Rf to the right, step Lf beside Rf, turn 1/4 to right (6) step forward on Rf weight onto Rf (Side Chasse 1/4)
5&6 Turn 1/2 to right (12) step back on Lf, step Rf in front of Lf, step back on Lf weight on Lf (1/2 shuffle turn R)
7-8 Rock back on Rf, recover on Lf weight onto Lf (12:00)

[17-24] Step Heel Twist, Point Heel Flick, Step Heel Twist, Back Rock / Recover

1&2 Step forward on Rf, twist both heels to right, twist both heels back to center take weight onto Lf
3&4 Point forward on Rf, flick R heel to right, step Rf back in place weight onto Rf
5&6 Step forward on Lf, twist both heels to left, twist both heels back to center take weight onto Rf
7-8 Rock back on Lf, recover on Rf (12:00)

[25-32] Rock / Recover, 1/4 Turn L, Side Chasse with 1/4 Turn L, Scuff Fwd Quarter Turn L, Back Rock / Recover

1-2 Rock forward on Lf, recover on Rf weight onto Rf
3&4 Turn 1/4 to left (9) step Lf to the left, step Rf beside Lf, turn 1/4 to left (6) step forward on Lf weight onto Lf (Side Chasse)
5&6 Scuff forward on Rf, turn 1/4 to left on Lf (3), step Rf back in place slightly to right weight onto Rf
7-8 Rock back on Lf, recover on Rf weight onto Rf

[33-40] Syncopated Lock Steps Fwd (Diagonally), 3/8 Turn R, Syncopated Lock Steps Fwd

1&2 Step diagonal forward on Lf, lock Rf behind Lf, step forward on Lf
&3&4 Lock Rf behind Lf, step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf
5&6 Turn 3/8 to right (6) step forward on Rf, lock Lf behind Rf, step forward on Rf
&7&8 Lock Lf behind Rf, step forward on Rf, lock Lf behind Rf, step forward on Rf weight onto Rf (6:00)

[41-48] Fwd Rock / Recover, 1/2 L, 1/4 L, Back Rock / Recover, 1/2 R, 1/4 R

1-2 Rock forward on Lf, recover on Rf
3-4 Turn 1/2 to left (12) step forward on Lf, continue a 1/4 turn to left (9) step Rf to the right
5-6 Rock back on Lf, recover on Rf
7-8 Turn 1/4 turn to right (12) step back on Lf, continue a 1/4 turn to right (3) step Rf to the right weight onto Rf

[49-56] Side Rock / Recover, Cross Shuffle, Side Rock / Recover, Cross Shuffle

1-2 Rock Lf to the left, recover on Rf weight onto Rf (3)
3&4 Cross Lf over Rf, step Rf slightly to the right, cross Lf over Rf weight onto Lf
5&6 Rock Rf to the right, recover on Lf weight onto Lf
7&8 Cross Rf over Lf, step Lf slightly to the left, cross Rf over Lf weight onto Rf (3:00)

[57-64] 1/4 Turn R, Back, Side, Lock Step Fwd, Fwd Rock / Recover, Quarter Turn R, Side, Side Rock / Recover

1-2 Turn 1/4 to right (6) step back on Lf, step Rf to the right weight onto Rf
3&4 Step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf
5-6 Rock forward on Rf, recover on Lf weight onto Lf
&7-8 Turn 1/4 to right (9) step Rf to the right, rock Lf to the left, recover on Rf weight onto Rf

Start Again And Have Fun!

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