

High Hopes

COPPERKNOB
BY SHEETS

拍數: 112 牆數: 2 級數: EZ Intermediate
編舞者: Rosie Multari (USA) - December 2010
音樂: High Hopes - Skanatra : (CD: Skanatra 1999)



Dedicated to Linda Alexandrou, a Very Special Jersey Girl.

***NB: Begin dance on Vocals. The first time danced,**

16 counts are dropped & one 8 count Tag is added so you'll start again on the front wall when you do the dance the second time.

Part 1: Tap & Step Side, Heel, Toe & Steps Forward

1, 2 Tap R toe to side, tap R toe next to L
3, 4 Step R to right side, tap L toe next to R
5, 6 Tap L heel, tap L toe
7, 8 Step forward L, step R next to L

Part 2: Tap & Step Side, Heel, Toe & Steps Forward

1, 2 Tap L toe to side, tap L toe next to R
3, 4 Step L to left side, tap R toe next to L
5, 6 Tap R heel, tap R toe
7, 8 Step forward R, step L next to R

Part 3: Step Back Twice, Stomp Hold R & L

1, 2 Step R back to right diagonal, tap L next to R (optional Clap)
3, 4 Step L back to left diagonal, tap R next to L (optional Clap)
5- 8 Stomp R, hold, Stomp L, Hold

Part 4: Shake, Wiggle, Shimmy or Vibrate (like Little Linda!)

1-8 Move your body for 8 counts, ending with weight on L

Part 5: (Chorus) Suzy Q with R

1-5 Kick R diagonally forward, tap R next to L, kick R again, tap R next to L, Kick R again (option: raise hands above shoulders when doing kicks)

NB: You can substitute Heel taps for the Kicks

6-8 Step R behind L, step L to side, step R next to L

Part 6: (Chorus) Suzy Q with L

1-5 Kick L diagonally forward, tap L next to R, kick L again, tap L next to R, Kick L again (option: raise hands above shoulders when doing kicks)

NB: You can substitute Heel taps for the Kicks

6-8 Step L behind L, step R to side, step L next to R

Part 7: Two ¼ Turns Left

1- 4 Step R forward, Hold, ¼ pivot turn to left shifting weight to L, Hold
5-8 Repeat 1 - 4

Part 8: Two ¼ Turns Left

1- 4 Step R forward, hold, ¼ pivot turn to left shifting weight to L, hold
5-8 Repeat 1 - 4

Part 9: Lock Step Forward R & L with Brushes

1- 4 Step R diagonally forward, lock L behind R, step R diagonally forward, Brush L forward
5-8 Step L diagonally forward, lock R behind L, step L diagonally forward, Brush R forward

Part 10: Chase Turn, Syncopated Lock Steps

- 1- 4 Step R forward, turn ½ left (weight to L), step R forward, Hold
5&6 Locking chassé forward left, right, left
&7&8 Locking chassé forward right, left, right, Hold

Part 11: (Whoops!) Scuff, Hitch, Step, Coaster ¼ Turn Right**Part 12: (Whoops!) Scuff, Hitch, Step, Coaster ¼ Turn Right****Part 13: (Whoops!) Scuff, Hitch, Step, Coaster ¼ Turn Right**

- 1- 4 Scuff L, Hitch L, Step L in place, Hold
5- 8 Step back R, step L back, Step R ¼ turn right, Hold

Part 14: Step, ¼ Turn, Cross, Stomp R, L

- 1- 4 Step forward L, Turn ¼ right (weight to R), cross L over R, Hold
5- 8 Stomp R, Hold, Stomp L, Hold

***TAG: Lock Step Forward L & R with Brushes**

- 1-4 Step L diagonally forward, lock R behind L, step L diagonally forward, Brush R forward
5-8 Step R diagonally forward, lock L behind R, step R diagonally forward, Brush L forward

***NB: When dance starts for the first time, do Parts 1 -11, drop Parts 12 & 13, Add 8 Count TAG*, then dance Part 14. Continue dancing Parts 1 – 14 until the music fades (at 2:47). You'll be facing 6 o'clock Wall then, having just finished Part 14, so you can ADD Part 7 (Two slow ¼ turns) to end facing Front Wall.**

Don't read further, if you do not want to do any more steps! If you do, after facing the Front with Part 7, there's 48 more counts of softer music with talking going on, then the song picks up volume again (at 3:14) with the words "Once there was a little old man" allowing you to dance Parts 1-14 one more time, starting on the word "once" and ending again on the Back Wall, as the music slows down, so then ADD Part 7 once more, to end facing the Front Wall.

Now during those extra 48 counts (at 2:58) you can FREESTYLE DANCE until the Vocals start again OR you can dance these 16 counts three times!

- 1- 4 Tap R toe forward, then step R, Tap L toe forward then step L,
5- 8 Repeat those 4 counts. (shake your hands at shoulder height for all 8 counts)
9- 12 Walk back R, L, R, L 13-16 Sway hips R, L, R, L

At 3:14, on Vocals, start Part 1 and dance it until the end of Part 14 & then add Part 7 to face front wall. THE END (I promise!)

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