

Girls, Be Strong!

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Phrased Beginner
編舞者: Tina Chen Sue-Huei (TW) - September 2011
音樂: Jie Jie Mei Mei Jan Chi Lai (姐姐妹妹站起來) - Jin-Ying Tao (陶晶瑩)



Start the dance on vocals - Dance sequence: AABB Tag/AABB Tagx3 - 8-count/BBB

TAG (16 counts)

1-2 Step right forward, step left forward
3&4 Forward cha cha on RLR
5-6 Step left back , step right back
7&8 Back cha cha on LRL

1-2 Step right to right side, step left to left side
3&4 Cha cha in place on RLR
5-6 Step left to left side, step right to right side
7&8 Cha cha in place on LRL

8-count

1-2 Rock right to right side, recover onto left
3-4 Rock left to left side, recover onto right
5-6 Rock right to right side, recover onto left
7-8 Rock left to left side, recover onto right

SECTION A – 32 counts

[1-8] SIDE ROCK, SAILOR-CROSS, LEFT VINE

1-2 Rock right to right side, recover onto left
3&4 Cross right behind left, step left to left side, cross right over left
5-6 Step left to left side, cross right behind left
7-8 Step left to left side, cross right over left

[9-16] SIDE ROCK, SAILOR-CROSS, RIGHT VINE

1-2 Rock left to left side, recover onto right
3&4 Cross left behind right, step right to right side, cross left over right
5-6 Step right to right side, cross left behind right
7-8 Step right to right side, cross left over right

[17-24] STEP, STEP, LOCK STEP, REPEAT WITH L

1-2 Step right forward, step left behind on right
3&4 Step right forward, lock step left behind right, step right forward
5-6 Step left forward, step right behind on left
7&8 Step left forward, lock step right behind left, step left forward

[25-32] FORWARD, RECOVER,, MAKE 1/2 TURN RIGHT, CHA CHA X2, ROCK, RECOVER

1-2 Rock forward right, recover weight onto left
3&4 Make 1/2 turn right stepping forward cha cha - right, left, right (6:00)
5&6 Make 1/4 turn right stepping back cha cha - left, right, left (3:00)
7-8 Rock right to back, recover weight onto left

SECTION B – 32 counts

[33-40] SIDE ROCK, SAILOR-CROSS, SIDE ROCK, SAILOR-CROSS

1-2 Rock right to right side, recover onto left
3&4 Cross right behind left, step left to left side, cross right over left

5-6 Rock left to left side, recover onto right
7&8 Cross left behind right, step right to right side, cross left over left

[41-48] SIDE-TOUCH x 2, JAZZ BOX

1-2 Step right to right side, touch left together
3-4 Step left to left side, touch right together
5-6 Cross right over left, step left back
7-8 Step right to right side, step left together

[49-56] TOE, HEEL, R COASTER STEP, TOE, HEEL, L COASTER STEP

1-2 Touch right toe to left instep (with bent right knee), kick right heel diagonal forward
3&4 Step right back, step-close left to right, step right forward
5-6 Touch left toe to right instep (with bent left knee), kick right heel diagonal forward
7&8 Step left back, step-close right to left, step left forward

[57-64] JAZZ BOX 1/4 TURN RIGHT, JAZZ BOX

1-2 Cross right over left, step left back
3-4 1/4 turn right step right to right side, step left together
5-6 Cross right over left, step left back
7-8 Step right to right side, step left together

Ending facing 12:00

Have fun!

Contact: sh3385@gmail.com
