

Cowgirl Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jim Ray (USA) - March 2012
音樂: Up! - Shania Twain



Start: With Vocal

STEP BACK TOE HEEL, TOE HEEL, TURN A 1/2 TURN RIGHT, LEFT, RIGHT

1 Wt. On Left Foot, Step Right Foot Straight Back , Tap toe
2 Step Down On Right Foot
3 Step Left Foot Straight Back, Tap Toe
4 Step Down On Left Foot
5&6 Turn A 1/2 Turn Right Shoulder Back Stepping Right Left, Right

ROCK STEP LEFT FOOT FORWARD, AND BACK ON RIGHT

7 Step Left Foot Forward And Set Wt. On Left Foot (ROCK)
8 Step Back On Right Foot (STEP)

TURN A 3/4 TURN LEFT STEPPING LEFT, RIGHT, STEP BACK LEFT, STEP BACK RIGHT, STEP BACK LEFT

1 & Turn A 3/4 Turn Left Shoulder Back Traveling Left, Stepping Left, Right
2 Step Left Foot Straight Back
3 Step Right Foot Straight Back
4 Step Left Foot Straight Back

COASTER STEP

5 Step Right Foot Straight Back
& Step Left Foot Straight Back Together
6 Step Right Foot Straight Forward
7 Step Left Foot Forward
8 Step Right Foot Forward

LOCK STEPS

1 Step Left Foot Forward
& Slide Right Foot Behind Left Foot (LOCK)
2 Step Left Foot Forward
3 Step Right Foot Forward
& Slide Left Foot Behind Right Foot (LOCK)
4 Step Right Foot Forward
5 Step Left Foot Forward
6 Pivot A 1/2 Turn Right Shoulder Back Set Wt. On Right

CONTINUE TURNING A FULL TURN STEPPING LEFT, RIGHT, LEFT

7&8 Turn A Full Turn Right Shoulder Back Stepping Left, Right, Left Traveling Forward
(Alternative:- A Shuffle Forward Left, Right, Left)

RIGHT GRAPEVINE WITH A 1/4 TURN RIGHT AND STEP, STEP, PIVOT A 1/2, STEP PIVOT A 1/2

1 Step Right Foot To The Right Side
2 Step Left Foot Behind Right
3 Step Right Foot A 1/4 Turn Right
4 Step Left Foot Straight Forward
5 Step Right Foot Straight Forward

- 6 Pivot A 1/2 Turn Left Shoulder Back Set Wt. On Left
- 7 Step Right Foot Straight Forward
- 8 Pivot a 1/2 Turn Left Shoulder Back Set Wt. On Left

(START OVER)

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