

Mint & Nail Scissors

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Phrased Beginner
編舞者: Sally Hung (TW) - April 2012
音樂: Mint & Scissors (薄荷與指甲剪) - Rachel Liang (梁文音)



Start dancing on lyrics - sequence: AA Tag BB/A(I,II) A(I,II) AABB/ABBB(IV) A(I,II)

Tag - 4 count: Step R to R, step L beside R, step L to L, touch R together

A-32 counts

AI. ROCKING CHAIR, PIVOT ¼ TURN L, ¼ TURN L, STEP, TOGETHER

1,2,3,4 Rock fwd on R, recover onto L, rock back on R, recover onto L
5,6,7,8 Step R fwd, pivot ¼ turn L, ¼ turn L stepping R fwd, step L beside R

AII. KICK BALL CHANGE X2, SIDE, ¼ TURN L, RECOVER, SIDE, TOGETHER

1&2,3&4 Kick diagonal fwd on R, step R down, step L down, repeat above procedures
5,6,7,8 Step R to the side(with weight onto R), ¼ turn L stepping L slightly fwd, step R beside L, step L in place

AIII. SIDE SHUFFLE, ROCK ¼ TURN L RECOVER, FWD SHUFFLE, ROCK RECOVER

1&2,3,4 Step R to R, step L beside R, step R to R, rock L over R, recover on R
5&6,7,8 ¼ turn L fwd shuffle on LRL, rock R over L, recover on L

AIV. STEP, POINT, STEP, POINT, ¼ TURN L, JAZZ BOX

1,2,3,4 Step R in place, point L toes to L side, step L over R, point R toes to R side
5,6,7,8 ¼ turn L stepping R over L, step L to L, step R back, step L beside R

B-32counts

BI. TRAVELING VOLTAS, ROCK RECOVER, THREE STEPS

1,2,3&4 Cross R over L, step L to side, cross R over L for 3 times
5,6,7&8 Rock L to L side, recover on R, three steps on LRL

BII. TOE-HEEL X4

1-8 Weight on L, touch R toe-heel 4 times to the R

BIII. TOE STRUTS WITH ½ TURN R X4

1,2,3,4 Point R toes to the R, turning ½ R stepping R down, point L toes to the L, turning ½ R stepping L down
5,6,7,8 Repeat above procedures

BIV. R, L FWD-BACK, CROSS-SIDE-TOUCH, STEP BACK, CROSS-SIDE-TOUCH

1,2,3,4 Step R fwd, step R back in place, step L fwd, step back L in place
5&6&7&8 Step R over L, step L to the L, touch R heel diagonal R fwd, step R back, step L over R, step R to the R, touch L heel diagonal L fwd

Have fun & happy dancing!

contact Sally Hung:hung1125@gmail.com