

Tian Lan Lan

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Phrased Improver
編舞者: Yeoh Soo Choon (MY) - July 2012
音樂: Tian Lan Lan (天藍藍) - Vivian Chow (周慧敏)



Dance sequence : AABAABBAAA

Intro : Start on main Vocal

Part A - 4 Wall (32 cts)

[1-8] R Kick & Touch L & Point R & Point L, 2 x 1/4 L Paddle Turns, R Lunge With Shoulder Pop RLR

1&2 Kick R forward, Step R beside L, Touch L beside R
&3&4 Step L beside R, Point R to R side, Step R beside L, Point L to L side
&5&6 Step L beside R, turns 1/4 L hitch R & touch R to R side, Hitch R, turns 1/4 L touch R to R side (6.00)
7&8 Step R in place & lunge R to R side push shoulder or ribcage RLR, end with weigh on R (6.00)

[9-16] L Ball Change, Cross R Over L, Hold, & Cross & Cross, 2x 1/4 R, L Reverse Sailor Step

&12 Drag L beside R , Cross R over L, Hold
&3&4 Step L Slightly to L, Cross R over L. Step L Slightly to L, Cross R over L
5-6 1/4 R step L behind R, 1/4 R step R to R side (12.00)
7&8 Cross L over R, Slightly back Step R to R side, Slightly back Step L to L side (12.00)

[17-24] Hitch R, Back Recover Back, Hitch L, Back Recover Back, R Ball Change, Walk LR, 1/2 R Back Lock Step

&1&2 Hitch R, Cross R behind L, Recover on L, Cross R behind L
&3&4 Hitch L, Cross L behind R, Recover on R, large step L behind R
&5-6 Lean body backward Drag Step R beside L, walk forward LR
7&8 Turning 1/2 R , Back Lock step on LRL (6.00)

[25-32] R Coaster Step, L Forward Lock Step, 3/4 R Walk Circling RLRL

1&2 Step back on R, Step L next to R, Step forward on R
3&4 Forward Lock Step on LRL
5-6-7-8 Walk Circling make 3/4 R turns with RLRL, feet together on last ct.(3.00)

Part B - 2 Wall (32 cts)

1-8] 2 X { Diagonal Knee pop, doeward Knee pop } , Cross shuffle RLR, 1/2 L Cross shuffle LRL
1-2 L Diagonal Pop both knee, Straighten up pop both knee forward (Raised heels when perform knee pop) (6.00)
3-4 Repeat 1-2

Hand movement : Swing both arm anti-clockwise down & up to right side at chest level, hold fist.(1) Swing both arm clockwise down & up to front at chest level , hold fist (2)

5&6 Cross Shuffle RLR (6.00)
7&8 makes 1/2 L Cross Shuffle LRL (12.00)

[9-16] 3/4 R Shuffle turns, L Rocking chair, R Kick Ball Point

1&2&3 1/4 R turns step R forward (1) step L beside R (&), repeat these two steps to complete
&4 3/4 R turns as RLRLRLR. Ending with weighs on R. (9.00)
5&6& Rocking Chair LRLR
7&8 Kick L forward, step L beside R, Point R to R (9.00)

[17-24] Modified R&L Kick ball change, 1/2 R Side Shuffle RLR, 1/2 R Side Shuffle LRL

1&2& Kick R forward, step R beside L, Step L behind R , Recover weight on R
3&4& Kick L forward, step L beside R, Step R behind L , Recover weight on L
5&6 Makes 1/4 R turns, Side Cha Cha RLR (12.00)
7&8 Makes 1/4 R turns, Side Cha Cha LRL (3.00)

[25-32] 1/4 R Sailor Step. 1/2 L Sailor Step, Pissy Walk Backward RLRL

1&2 R Sailor Step with 1/4 R turns. (6.00)
3&4 L Sailor Step with 1/2 L turns. (12.00)
5&6 Step & Cross R behind L, Step & Cross L behind R (12.00)
7&8 Repeat 5&6 (12.00)

Ending : Dance Part A till 28 cts and walk 1/2 R with RLRL to 12.00

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