

Just A Little Psycho

COPPER KNOB
BY STEPHEN BERTS

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Donna Manning (USA) - April 2013
音樂: Mama's Broken Heart - Miranda Lambert



3 places to fix.... On counts 11 & 12 on the 4th rotation and the 8th rotation you will alter the steps from the pattern to adjust for the music and phrasing.

On the 9th rotation there will be a 4 count tag after the first 20 counts of the dance and breathe...you will begin again on the word 'fix'....go and 'fix' your makeup....after the pause in the music.

16 count intro.....

Sec. 1: (1-8) Step, Kick, Step, Touch, Step, Rock, Recover, Back, Together

1, 2 Step forward on the L, Kick the R forward
3, 4 Step back on the R, Touch the L back (black bottom steps)
5, 6, 7 Step L forward, Rock forward on R, Recover weight back to L
8, & Step R back, Close L to R (12:00)

Sec. 2: (9-16) R Triple Step Forward, ¼ Turn R L Back Triple, R Side Triple, L Cross Kick, Step, Touch

1&2 Step R forward, Close ball of L to R, Step R forward
***on the 4th and 8th rotation you must change counts 3, 4 to – Step L forward and on the ball of the L turn ½ turn R as you step R to R side – ready to RESTART the dance.
3&4 On the ball of the R ¼ turn R Step back on L, Close ball R to L, Step back on L
5&6 Step R to R Side, Close L to R, Step R to R side
7&8 Kick L across R, Step L to L side, Touch R next to L (3:00)

Sec.3: (17-24) Side, Kick, Side, Kick, ¼ Turn R Triple, L Mambo Step

1, 2, 3, 4 Step R to side, Kick L across R, Step L to L side, kick R across L
***on the 9th rotation, right after the second time you fix the phrasing, you will do: the 1st 20 counts above, then insert these steps:
.5) Step R across L (your foot will already be in the air just step down across the L)
.6) ¼ turn to the R stepping back on the L
.7) Step R to R side
.8) Touch L next to R
** You will restart on the word “fix”, go and “fix” your makeup.....there will still be a pause before you restart...you'll have to feel through it.
5&6 Step R to R side, close L to R, Turn ¼ R as you Step R forward
7&8 Rock forward on L, Recover weight to R, Step back on L (6:00)

Sec. 4: (25-32) Step, Touch, Step, Together, Heel Split, R Flick, Heel Split, L Flick

1, 2, 3, 4 Step R back on a diagonal, Touch L next To R, Step L back on a diagonal, Bring R center with L –weight even
5& On the balls of both feet, take heels out from center at the same time, return heels to center taking weight to the L foot
6& Leaving weight on the L, flick R heel out to the R side, return R to center taking weight to both feet
7& On the balls of both feet, take heels out from center at the same time, return heels to center taking weight to the R foot
8 Leaving weight on the R, flick L heel out to the L side (leaving foot up ready to begin the dance again with L) (6:00)

HAVE FUN!!!

Contact: www.dancinfree.com

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