

I'm Still Standing

COPPER **KNOB**
BY STEPHEN

拍數: 68 牆數: 4 級數: Phrased Intermediate
編舞者: Ivonne Verhagen (NL) - June 2013
音樂: I'm Still Standing (Glee Cast Version) - Glee Cast : (iTunes)



Dance starts after 16 counts - Sequence: A-A-B -C-A-B-C-A-B -C-C-C

Part A: 20 counts

STEP OUT, STEP OUT, STEP IN, KICK, COASTER, STEP, WALK, PIVOT ¼ TURN RIGHT, CROSS

1-2-3&4& RF step diagonal right forward, LF step diagonal left, RF step back, LF kick, LF step back, RF close next to left

5-6-7&8 LF step forward, RF step forward, LF step forward, ¼ turn right step on RF, LF cross over RF

WEAVE RIGHT, ROCK RIGHT SIDE, CROSS, WEAVE LEFT, ROCK LEFT SIDE, ¼ TURN RIGHT, STEP FORWARD

1&2&3-4 RF step right side, LF step behind RF, RF step right side, LF cross over RF, RF rock right to the side, step on LF

5&6&7-8& RF cross over LF, LF step left side, RF step behind LF, LF step left side, RF cross over LF, LF rock left to the side, ¼ turn right & RF step forward

WALK, WALK, MAMBO STEP

1-2-3&4 LF step forward, RF step forward, LF step forward, weight back on RF, LF step back

Part B: 32 counts

STEP SIDE, TOUCH, STEP SIDE, TOUCH, STEP SIDE, HOLD, TOE STRUT SIDE, CROSS OVER TOE STRUT, ROCK LEFT SIDE, ¼ TURN RIGHT, STEP FORWARD

1&2&3-4 RF step right side, LF touch to RF, LF step left side, RF touch to LF, RF step right side, Hold

5&6&7&8 LF touch toe left side, LF clap heel down, RF touch cross over LF, RF clap heel down, LF rock left to the side, ¼ turn right & weight on RF, LF step forward

MONTEREY ½ TURN RIGHT, SWEEP, JAZZ BOX ¼ TURN LEFT, JAZZ BOX ¼ TURN RIGHT, MAMBO STEP

1&2-3&4 RF touch right to the side, ½ turn right & RF step on RF, LF sweep from back to the front, LF cross over RF, RF step back, ¼ turn left & LF step left side

5&6-7&8 RF cross over LF, LF step back, ¼ turn right & RF step left side, LF rock forward, weight back on RF, LF step back

REPEAT BOTH SECTIONS OF PART B

Part C: 16 counts

CLAP, TOUCH, HOLD, ¼ PADDLE TURN, TOUCH SIDE, ¼ PADDLE TURN, TOUCH SIDE, ¼ PADDLE TURN, TOUCH SIDE, ¼ PADDLE TURN, TOUCH SIDE, JAZZ BOX

&1-2-3&4 Clap in your hands, RF touch right to the side, hold, ¼ turn left & touch RF side, ¼ turn left & touch RF side,

&5&6-7&8 ¼ turn left & touch RF side, ¼ turn left & touch RF side, RF cross over LF, LF step back, RF step right side

STEP SIDE, HOLD, CROSS OVER, STEP BACK, ¼ TURN RIGHT & STEP SIDE, CLOSE, STEP SIDE, MAMBO STEP

1-2-3-4 LF step side (Bend knee), hold, RF cross over LF, LF step back

5&6-7&8 ¼ turn right & RF step side, LF close to RF, RF step side, LF rock forward, weight back on RF, LF step next RF