

Applause

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4
編舞者: Bill Thron - August 2013
音樂: Applause - Lady Gaga



3 Restarts :-

Restart one: Facing second wall after 32 counts,

Restart two: Facing fourth wall after 32 counts,

Restart three: see Tag

Tag – 32 Steps - (Tag starts back at home wall after you have danced all four walls – dance starts over again from beginning, after Tag, up to 32 counts, then the final Restart begins)

1,2	Right Toe Heel– touch right toe forward, place right heel down (with optional clap on heel)
3,4	Left Toe Heel – touch left toe forward, place left heel down (with optional clap on heel)
5,6	Right Rock Step – rock forward on right foot, recover back on left foot to center
7,8	Back Touch Out – step back on right foot, touch left toe out to left side (with optional 2 claps)
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1,2	Left Rock Out – rock out to left side with left foot, recover on right foot to center
3&4	Sailor Step Left – syncopated step: swing left foot behind right stepping down, step right in place for (&) beat, step left foot together
5,6	Right Rock Out – rock out to right side with right foot, recover on left foot to center
7&8	Sailor Step Right – syncopated step: swing right foot behind left stepping down, step left in place for (&) beat, step right foot together
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1&2	Shuffle Forward Left – syncopated step: left foot, right foot, left foot – moving forward
3&4	Shuffle Forward Right – syncopated step: right foot, left foot, right foot – moving forward
5,6	Left Rock Step – rock forward on left foot, recover back on right foot to center
7,8	Counterclockwise 360o turn (in 2 steps) – turn half way over left shoulder on left foot, complete turn as you step right foot back
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1,2	Left Rock Step Back – Rock back on left foot, recover forward on right foot to center
3&4	Shuffle Forward Left – syncopated step: left foot, right foot, left foot – moving forward
5,6,7,8	Rocking Chair – rock forward on right foot, recover back on left foot to center, rock back on right foot, recover forward on left foot to center (with optional claps on right foot steps)
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1&2	Mambo Right Forward – syncopated step: step forward on right foot, bring left foot together, step back on right foot to center
3&4	Mambo Left Backward - syncopated step: step back on left foot, bring right foot together, step forward on left foot to center
5,6	Pivot turn (counterclockwise) on right – step right foot forward, turn half way around shifting weight onto the left foot forward
7,8	Pivot turn (counterclockwise) on right – step right foot forward, turn half way around shifting weight onto the left foot forward
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1,2	Two Steps Forward (starting with right foot) – take one step forward with right foot, take one step forward with left foot
3&4	Three Claps – syncopated rhythm
5,6	Two Steps Backward (starting with right foot) – Take one step backward with right foot, take one step backward with left foot
7&8	Three Claps – syncopated rhythm
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1,2	Right Behind – Step out to the right with right foot, cross the left foot behind the right and step down on left foot

3&4	Jack Back Right and Cross Left – syncopated step: quickly jump back on your right foot while touching the left heel forward. Step down on the left foot for the (&) beat, then cross the right foot over the left, stepping down on the right foot
5,6	Left Behind – Step out to the left with left foot, cross the right foot behind the left and step down on right foot
7&8	Jack Back Left and Cross Right – syncopated step: quickly jump back on your left foot while touching the right heel forward. Step down on the right foot for the (&) beat, then cross the left foot over the right, stepping down on the left foot
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1,2	Right Rock Out with ¼ Counterclockwise Turn – Rock out to right side with right foot, turn ¼ over left shoulder as you recover on your left foot forward
3,4	Right Rock Step Back – Rock back on right foot, recover forward on left foot to center
5&6	Shuffle Forward Right – syncopated step: right foot, left foot, right foot – moving forward
7&8	Left Hip Bump - syncopated rhythm: bump left hip forward, bump right hip back for (&) beat, bump left hip forward

TAG: 32 Step Tag

1&2	Shuffle Forward Right – syncopated step: right foot, left foot, right foot – moving forward
3,4	Pivot turn (clockwise) on left – step left foot forward, turn half way around shifting weight onto the right foot forward
5&6	Shuffle Forward Left – syncopated step: left foot, right foot, left foot – moving forward
7,8	Counterclockwise 360o turn (in 2 steps) – turn half way over left shoulder on right foot, complete turn as you step left forward

Repeat first 8 counts

1,2	Right Rock Step Forward – rock forward on right foot, recover back on left foot to center
3&4	Right Coaster Step - syncopated step: Step back on right foot, bring left foot together with right for (&) beat, step forward on right foot
5,6	Pivot turn (clockwise) on left – step left foot forward, turn half way around shifting weight onto the right foot forward
7,8	Pivot turn (clockwise) on left – step left foot forward, turn half way around shifting weight onto the right foot forward
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1&2	Shuffle Forward Left – syncopated step: left foot, right foot, left foot – moving forward
3,4	Right Rock Step Forward – rock forward on right foot, recover back on left foot to center
5,6	Two Steps Backward (starting with right foot) – Take one step backward with right foot, take one step backward with left foot
7&8	Right Kick Ball Change – Syncopated step: kick forward with right foot, step down on ball of right foot for (&) beat, change weight to left foot

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