

TriumF!

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate - Pop/Funky
編舞者: Jannie Tofte Stoian (DK) & Kirsten Matthiessen (DK) - August 2013
音樂: TriumF (feat. Providers) - Outlandish : (iTunes)



Intro: 32 count intro – on first main beat (app. 18 sec. into track) –

Option: start the dance with the last sailor step on 8& side step 1.

2 Restarts: 1st on wall 2 after 32 counts facing 12:00. 2nd on wall 5 after 32 counts facing 06:00.

[1-8] Side rock, Ball side rock, Ball rocking Chair, Walk x2

1-2 Rock L to L side, recover onto R 12:00
&3-4 Step L next to R, rock R to R side, recover onto L 12:00
&5&6& Step R next to L, rock L fw, recover onto R, rock L back, recover onto R 12:00
7-8 Walk fw L R 12:00

[9-16] Rock step, Ball cross, ¼ R, Side switches, Step slide collect

1-2 Rock L fw, recover onto R 12:00
&3&4 Step L next to R, cross R over L, turn ¼ R stepping L back 03:00
5&6& Point R to R side, step R next to L, point L to L side, step L next to R 03:00
7-8 Big step to R side, slide L next to R stepping down on L 03:00

[17-24] Bounce back x2, Coaster step, Walk x2

1&2 Step R back bending R knee, and popping L knee fw, straighten legs, repeat bend/pop 03:00
3&4 Step L back bending L knee, and popping R knee fw, straighten legs, repeat bend/pop 03:00
5&6 Step R back, step L next to R, step R fw 03:00
7-8 Walk L, walk R 03:00

[25-32] Step ¼ R, Cross point, Slow sailor step, Sailor Step

1-2 Step L fw, turn ¼ R stepping onto R 06:00
3-4 Cross L over R, point R to R side 06:00
5-7 Cross R behind L, step L to L side, step R to R side 06:00
8&1 Cross L behind R, step R to R side, step L to L side (count 1 is the first step of a jazz box)

Restart here! The last step of your sailor step is the first step of your side rock 06:00

[33-40] Jazz box ¼ R, Cross rock, ¼ L, ½ L

2-3 Cross R over L, turn ¼ stepping L back 09:00
4 Step R to R side 09:00
5-6 Cross L over R, recover onto R 09:00
7-8 Turn ¼ L stepping L fw, turn ½ L stepping R back 12:00

[41-48] ¼ L slide, Ball cross shuffle, ¼ L, ½ L, Shuffle fw

1-2 Turn ¼ L stepping L to L side, slide R towards L 09:00
&3&4 Step R next to L, cross L over R, step R slightly to R side, cross L over R 09:00
5-6 Turn ¼ L stepping R back, turn ½ L stepping L fw 12:00
7&8 Step R fw, step L next to R, step R fw 12:00

[49-56] Kick and back rock, Walk x2, Repeat

1&2& Kick L fw, step down on L, rock R back, recover onto L 12:00
3-4 Walk fw R L 12:00
5&6& Kick R fw, step down on R, rock L back, recover onto R 12:00
7-8 Walk fw L R 12:00

[57-64] Step ¼ R, Cross, ¼ L, ½ L, Side Switches, Sailor step

- 1-3 Step L fw, turn ¼ R stepping onto R, cross L over R 03:00
4-5 Turn ¼ L, stepping R back, turn ½ L stepping L fw 06:00
6&7 Point R to R side, Step R next to L, point L to L side 06:00
8&1 Cross L behind R, step R to R side, step L to L side (count 1 is the beginning of the dance)
06:00

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