

Color On The Walls (aka Shampoo)

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Tomohiro Iizuka (JP) - May 2013
音樂: Don't Stop (Color On the Walls) - Foster the People



Notes: Restart after count 48 on wall 2, after count 32 on wall 5

[1-8] STOMP R HEEL, KICK R, SAILOR STEP X 3

1-2 Stomp R beside left (1), Kick R diagonally forward (2)
3&4 Step R behind left (3), Step L to left (&), Step R to right (4)
5&6 Step L behind right (5), Step R to left (&), Step L to left (6)
7&8 Step R behind left (7), Step L to right (&), Step R to right (8) (12:00)

[9-16] SWIVEL X 4, ELVIS KNEE X 3, LOOK to R, LOOK to FRONT

1-2 On ball of right swivel left onto the L (1), On ball of left swivel right onto the R (2)
3-4 On ball of right swivel left onto the L (3), On ball of left swivel right onto the R (4)
5-7 Transfer weight onto left and Turn R knee in towards L (5), Turn R knee out (6), Turn R knee in towards L (7)
&8 Look to wall 3:00 (Keep body to 12:00) (&), Look to wall 12:00 (make it sharp) (8)

Note: On counts 1-4, bring hands at respective side upwards

[17-24] KICK BALL POINT X 3, STEP L BEHIND, STEP R SIDE, STEP L CROSS

1&2 Kick R forward (1), Step R slightly forward (&), Point L toe to left (2)
3&4 Kick L forward (3), Step L slightly forward (&), Point R toe to right (4)
5&6 Kick R forward (5), Step R slightly forward (&), Point L toe to left (6)
7&8 Step L behind right (7), Step R side right (&), Step L across right (8) (12:00)

Note: When doing counts 1-6, you will be moving slightly forward

[25-32] VINE R, FULL TURN L, SHUFFLE 1/4 TURN

1-4 Step R side right (1), Step L behind right (2), Step R side right (3), Touch L beside right (4)
5-6 Making 1/4 left Turn Step L forward, 1/2 (5), Turn left Step R back (6)
7&8 1/4 Turn left Step L side left (7), Step R beside left (&), 1/4 left turn Step L forward (8) (9:00)

(Restart On Wall 5 do counts 32 (shuffle) but without turning 1/4 Turn)

[33-40] PIVOT 1/4 L, CROSS SHUFFLE R, SIDE POINT L, FLICK L with 1/4 R TURN, FORWARD LOCK FORWARD

1-2 Step R forward (1), Pivot 1/4, left (weight on left) (2) (6:00)
3&4 Step R across left (3), Step L side left (&), Step R across right (4)
5-6 Point L toe to left (5), Flick L back with 1/4 right (weight on right) (6) (9:00)
7&8 Step L forward (7), Lock R behind left (&), Step R forward (8)

[41-48] ROCK FORWARD, RECOVER, STEP, HEEL, STEP, ROCK FORWARD RECOVER, 1/4 SHUFFLE

1-2& Rock right forward (1), Recover left (2), Step R beside left (&)
3&4 Touch L heel forward (3), Step L beside right (&), Step R forward (4)
5-6 Rock left forward (5), Recover right (6)
7&8 Making 1/4 left step left to left (7), Step R beside left (&), Step L to left (8)

(Restart On Wall 2)

[49-56] JAZZ BOX R, 1/2 MONTEREY TURN R

1-4 Step R across left (1), Back L, Step R side right (2), Step L forward
5-6 Point R toe to right (5), Turning 1/2 right Step R beside left (6) (12:00)),
7-8 Point left to left (7), step left beside right (8)

[57-64] ½ MONTEREY TURN, SHAMPOO ACTION

1-2 Point R toe to right(1), 1/2 Turn right Stepping R beside left (2) (6:00)

3-4 Point R toe to right (3), Turning ½ right Step R beside left(4)

5-8 Place Hands at head level as if you are Shampooing your hair and Swing Hips for 4 counts

Restart

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