

Nutbush Twister

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: William Sevone (UK) - June 2013
音乐: Nutbush City Limits - Beth Hart & Joe Bonamassa : (Album: Seesaw)



Alternate music:- 'Nutbush City Limits' by The Glee Cast (season 4) or Ike & Tina Turner (many compilations)
Choreographers note:- There are no tricky steps, restarts or tags – but its fast and could leave you directionally challenged.

Add as much of your own styling as you wish.

Always remember - 'The beat may reach your feet - but the rhythm will electrify your soul'.

Dance starts on Count 16 after the snare drum comes in (which is just after the Trumpets) – and one count prior to vocals.

2x Diag Fwd. 2x Diag Bwd. Walk Back. Hitch n Scoot Bwd (12:00)

- 1 – 2 Step right diagonally forward right. Step left diagonally forward left
- 3 – 4 Step right diagonally back left. Step left diagonally back right.
- 5 – 7 small step – Walk backward: R-L-R-L-R.
- 8 Hitch left knee & scoot backward on right.

2x Diag Bwd. 2x Diag Fwd. Walk Fwd. Hitch n Scoot Fwd (12:00)

- 9 – 10 Step left diagonally back left . Step right diagonally back right.
- 11 – 12 Step left diagonally forward right. Step right diagonally forward left.
- 13 – 15 small steps – Walk forward: L-R-L-R-L.
- 16 Hitch right knee & scoot forward on left.

Rock, Recover. 2x 1/4 Side Rock-Recover. 1/4 Side. 1/4 Cross (6:00)

- 17 – 18 Rock forward onto right. Recover onto left.
- 19 – 20 Turn ¼ right & rock right to right side (3). Recover onto left.
- 21 – 22 Turn ¼ left & rock forward onto right (12). Recover onto left.
- 23 – 24 Turn ¼ right & step right to right side (3). Turn ¼ right & cross left over right (6)

Scissor Step. Side. 1/2 Side Rock. Recover. Rock Behind. Recover (12:00)

- 25 – 26 Step right to right side. Step left next to right.
- 27 – 28 Cross right over left. Step left to left side.
- 29 – 30 Turn ½ right & rock right to right side (12). Recover onto left.
- 31 – 32 Rock right behind left. Recover onto left.

2x Grapevine with Diagonal Flick Kick (12:00).

- 33 – 34 Step right to right side. Cross left behind right.
- 35 – 36 Step right to right side. Flick kick left diagonally left..
- 37 – 38 Step left to left side. Cross right over left.
- 39 – 40 Step left to left side. Flick kick right diagonally right.

1/4 Fwd. 1/4 Side. 2x Slow Sailor. (6:00)

- 41 – 42 Turn 1/4 right & step forward onto right (3). Turn 1/4 right & step left to left side (6).
- 43 – 44 Cross right behind left. Step left next to right.
- 45 Step right to right side.
- 46 – 47 Cross left behind right. Step right next to left.
- 48 Step left to left side.

1/4 Fwd. 1/4 Side. 2x Slow Sailor. (12:00)

- 49 – 50 Turn 1/4 right & step forward onto right (9). Turn 1/4 right & step left to left side (12).
- 51 – 52 Cross right behind left. Step left next to right.

- 53 Step right to right side.
54 – 55 Cross left behind right. Step right next to left.
56 Step left to left side.

Diagonal Flick Kick. Weave. Diagonal Flick Kick. 1/4 Back. Touch. Hold or Pose (9:00)

- 57 – 58 Flick kick right diagonally right. Cross right behind left.
59 – 60 Step left to left side. Cross right over left
61 – 62 Flick kick left diagonally left. Turn ¼ left (to face 9:00 wall) & step backward onto left .
63 – 64 Touch right next to left. Hold – or create an individual pose.

DANCE FINISH: The dance will finish on count 32 of the 8th Wall (facing 3:00).

To end dance facing the 'home' wall and on the final word 'NUTBUSH' do the following after count 32:

- 1 (NUT-) Turn ¼ left and stamp right to right side – throwing out right arm out to right.
2 (BUSH) Step left foot to left side – throwing left arm out to left.

If using: The Glee Cast – Wall 7 count 22 facing 12:00. Ike & Tina Turner – Wall 6 count 64 facing 6:00.
