

Engel

COPPER KNOB
STEPPSHEETS

拍数: 48 墙数: 1 级数: Phrased Improver / Intermediate
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音乐: Engel - Admiral P & Nico D



Style: Fun Dance A,B, A,A, B,A, A,B, A

PART A – 32 counts

Walk, hitch walk back, hitch

- 1 RF walk forward
- & LF walk forward
- 2 RF walk forward
- & LF hitch up left leg
- 3 LF step forward
- & RF step forward
- 4 LF step forward
- & RF hitch up right leg
- 5 RF step backwards
- & LF hitch up left leg
- 6 LF step backwards
- & RF hitch up right leg
- 7 RF step backwards
- & LF hitch up left leg
- 8 LF step backwards
- & RF hitch up right leg

Side steps, ¼ turn right, side steps, ¼ turn right

- 1 RF step to right side
- & LF step next to RF
- 2 RF step to right side
- & LF touch next to RF
- 3 LF step to left side
- & RF step next to LF
- 4 LF step to left side
- & RF touch next to LF
- 5 RF step ¼ to right (21.00)
- & LF touch next to RF
- 6 LF step to left side
- & RF touch next to LF
- 7 RF step ¼ right(18.00)
- & LF touch next to RF
- 8 LF step to left side
- & RF touch next to LF

Kick forward (Michael Jackson style) Coaster step

- 1 RF kick forward (variation bend knee inwards)
- & RF lift leg up
- 2 RF kick forward (variation bend knee inwards)
- & RF lift leg up
- 3 RF step backwards
- & LF step next to RF

- 4 RF step forward
- 5 LF kick forward (variation bend knee inwards)
- & LF lift leg up
- 6 LF kick forward (variation bend knee inwards)
- & LF lift leg up
- 7 LF step backwards
- & RF step next to LF
- 8 LF step forward

Bouncing shuffles backwards, Sailor step ½ turn

- 1 RF step backwards bounce knees
- & LF cross over RF bounce knees
- 2 RF step backwards bounce knees
- 3 LF step backwards bounce knees
- & RF cross over LF bounce knees
- 4 LF step backwards bounce knees
- 5 RF step backwards bounce knees
- & LF cross over RF bounce knees
- 6 RF step backwards bounce knees start ½ turn left whilst doing this sweep LF from front to back
- 7 LF take weight(12.00)
- & RF step next to LF
- 8 LF stomp down next to RF

PART B – 16 counts

Knee lifts hands up

- 1 RF lift up right knee whilst doing this both hand go down
- 2 LF lift up left knee whilst doing this both hand go down
- 3 RF lift up right knee whilst doing this both hand go down
- & RF put RF down hands go up
- 4 RF lift knee up whilst doing this both hand go down
- 5 LF lift knee up whilst doing this both hand go down
- 6 RF lift knee up whilst doing this both hand go down
- 7 LF lift up left knee whilst doing this both hand go down
- & LF put LF down hands go up
- 8 LF lift up left leg whilst doing this both hand go down

Knee lifts, Ball change, coaster step

- 1 RF lift up right knee whilst doing this both hand go down
- 2 LF lift up left knee whilst doing this both hand go down
- 3 RF lift up right knee whilst doing this both hand go down
- & RF put RF down hands go up
- 4 RF lift knee up whilst doing this both hand go down
- & RF step forward
- 5 LF step forward both hands go forward
- 6 RF recover hands go over your head
- 7 LF step backwards hands go down
- & RF step next to LF hands go down
- 8 LF step forward hand are completely down

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