

A Coalminer Made of Flesh & Blood

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jean LW LeQUEUX (FR) - March 2015
音乐: 16 Tons BY Bart & Baker



RF: right foot; LF: left foot; FT: feet together; RL: right leg, LL: left leg, LA: legs apart, RT: right toes; LT: left toes; RH: right heel; LH: left heel; RK: right knee; LK: left knee, RP: right palm; FP: left palm; RAr: right arm; LAr: left arm; RSh: right shoulder; LSh: left shoulder; RE: right elbow, LE: left elbow; RHd: right hand, LHd: left hand, RHp: right hip; LHp: left hip, RTh: right thigh, LTh: left thigh; WoRF: weight on RF, WoLF: weight on LF

INTRODUCTION

SECTION A: TOES/HEELS SWIVELS

Start with the music until the singer starts counting; Start FT

- 1 On toes, pivot on toes to the right
- 2 On heels, pivot on heels to
- 3 On heels, pivot on heels to the left
- 4 On toes, pivot on toes to the left

Keep swivel until the singer is counting from 1 to 16

SECTION B: BOWING KNEES (16 COUNTS) – HOLD (8 COUNTS)

Start when the singer is counting: turn toes out, heels together, hands up and down from hips thighs

- 1 Flex knees
- 2 Stretch knees

Hold (8 counts)

SECTION I: STEP, HITCH, TOE STRUT, STOMP (TWICE: RIGHT/LEFT); ¼ TURN LEFT, FT MOVE: CLENCH FISTS NEAR CHEST, BEND ELBOWS, MILITARY SWING

- 1 Stretch down RAr, keep LAr bent
- 2 Bend LAr, stretching down RAr

Keep moving

STEPS: START WOLF

- 1 Step RF forward, hitch LF
- 2 Step LF forward, hitch RF
- 3 Tap RT forward, RH down
- 4 Tap LT forward, RH down
- 5 Stomp RF forward,
- 6 Stomp LF near RF,
- 7 RF back on right side, preparing to turn left
- 8 ¼ turn left, FT

SECTION II: SHIMMY, SWIVELS (TOES/HEELS); SHOULDERS SHRUGS, FAN SWIVELS; ¼ TURN LEFT, FT

MOVE: CLENCH FISTS NEAR CHEST, LIFT BENT ELBOWS AT THE LEVEL OF SHOULDERS, SHIMMY

- 1 Move RSh forward & LSh back
- 2 Move LSh forward & RSh back

Keep moving

STEPS: START FT, SWIVEL

- 1 FT, on toes, heels up, pivot right, on heels, toes up
- 2 Pivot right, toes down, heels up
- 3 Pivot left, heels down, toes up

4 Pivot left, heels & toes down, FT

MOVE: CLENCH FISTS, ARMS DOWN, SHOULDERS SHRUGS

1 Lift RSh, lower LSh

2 Lift LSh, lower RSh

Keep moving

STEPS: START FT, FAN SWIVEL

5 FT, on heels, open toes: RT to right, LT to left, on toes

6 Pivot: RH to right LH to left

7 On toes, pivot: RH to left, LH to right, FT, on heels

8 Pivot toes: RT to left, LT to right, FT

SECTION III: BRUSH STEP, KICK STEP, HOOK STEP, TAP; SPOT TURN RIGHT (360°), ¼ TURN LEFT; FT

MOVE: MARCHE

1 Arms down, RAr forward, LAr back

2 LAr forward, RAr back

Keep moving

STEPS: START WOLF

1 Brush RF forward

2 Kick LF forward

3 Hook RF on LL before step

4 Tap LF near RF, stop moving arms and hands

5, 6 Spot-turn right, pivoting 360° on RF

7 LF behind

8 ¼ turn left

SECTION IV: BROKEN MAN WALK; MOON WALK

MOVE: ARMS DOWN, HANDS AGAINST THIGH

1 Keep RHd against RTh, let LHd slightly loose

2 Keep LHd against LTh, let RHd slightly loose

Keep moving

STEPS: BROKEN MAN WALK

Start WoLF

1 RF back, bending RK and stretching LL and leaning body back diagonally on RL

2 Break to the right: fold LK brushing RF against LF and continue brushing RF forward on right diagonal and stretch RL, LL is behind, keep it bent and lean body back on LL

3 Break to the left: fold RK brushing LF against RF and continue brushing LF forward on left diagonal and stretch LL, RL is behind, keep it bent and lean body back on LL

4 Brush RF toward LF, stretch legs together

MOVE: MARCHE

1 Arms down, RAr forward, LAr back

2 LAr forward, RAr back

Keep moving

STEPS: MOONWALK

5 LT touches RH, RH down/on LT

6 Glide RF back, maintaining body bent forward, switch (LH down/on RT)

7 Glide LF back, maintaining body bent forward, switch (RH down/on LT)

8 Glide RF near LF, FT

DO IT AGAIN, FOLKS & REMEMBER:

1 ST TAG: 3RD WALL (DURING MUSIC) – TOES/HEELS SWIVELS
1 On toes, pivot on toes to the right
2 On heels, pivot on heels to
3 On heels, pivot on heels to the left
4 On toes, pivot on toes to the left

RESTART:

2 ND TAG: 5TH WALL

SECTION A (DURING THE MUSIC): TOES/HEELS SWIVELS

Start with the music until counts (1 to 16); Start FT

1 On toes, pivot on toes to the right
2 On heels, pivot on heels to
3 On heels, pivot on heels to the left
4 On toes, pivot on toes to the left

SECTION B: START WITH “MY SOUL, MY SOUL...” UNTIL COUNT – DERVISH TURNS

1, 2, 3, 4 Spot turn right
5, 6, 7, 8 Spot turn left

SECTION C: BOWING KNEES (16 COUNTS) – HOLD

Start when the singer is counting: turn toes out, heels together, hands up and down from hips thighs

1 Flex knees
2 Stretch knees

Hold while music is vanishing

RESTART WHEN MUSIC IS RESTARTING

CONCLUSION: AT WALL 7 – DERVISH TURN (1 TURN)

1, 2, 3, 4 Pivot on toes, full turn right

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