

Share The Carrot

COPPER KNOB
STEPSHEETS

拍数: 136 墙数: 4 级数: Phrased Advanced
编舞者: Kirsten Matthiessen (DK) & Jannie Tofte Stoian (DK) - October 2015
音乐: Runaway Baby - Bruno Mars : (iTunes)



Phrasing: □A, B, A, B, A Restart, B

Intro: □16 counts from main beat (app. 6 seconds into track) (2+2 wall dance)

A SECTION – 64 counts

A[1-8] □Rocking chair, Step ¼ L x2 □

1-4 Rock R fw, recover onto L, rock R back, recover onto L □12:00
5-6 Step R fw, turn ¼ L stepping onto L □09:00
7-8 Step R fw, turn ¼ L stepping onto L □06:00

A[9-16] □Jazz box cross, Kick ball cross, Step slide □

1-4 Cross R over L, step L back, step R to R side, cross L over R □06:00
5&6 Kick R fw diagonally R, step R next to L, cross L over R □06:00
7-8 Step R big step R, slide L towards R □06:00

A[17-24] □Ball jazz box ¼ R, Kick x2, Behind side cross □

&1-4 Step L next to R, cross R over L, step L back, turn ¼ R stepping R to R side, cross L over R □09:00
5-6 Kick R fw diagonally R, repeat □09:00
7&8 Cross R behind L, step L to L side, cross R over L □09:00

A[25-32] □Kick x2, Behind side cross, Out out, hold, Hip bump x2 □

1-2 Kick L fw diagonally L, repeat □09:00
3&4 Cross L behind R, step R to R side, cross L over R □09:00
&5-6 Step R to R side, step L to L side, hold □09:00
7-8 Bump hips R, bump hips L □09:00

A[33-40] □Ball cross rock, Sweep, Sailor ½ L, Figure 4 full turn R □

&1 Step R next to L, cross rock L over R □09:00
2-3 Recover onto R sweeping L CCW □09:00
4&5 Cross L behind R, turn ¼ L stepping R to R side, turn ¼ L crossing L slightly in front of R □03:00
6-8 Turn full turn R on your L foot while placing R foot next to L knee □03:00

A[41-48] □Pony step back x4 □

1&2 Step R slightly back, step L next to R, step R slightly back □03:00
3&4 Step L slightly back, step R next to L, step L slightly back □03:00
5&6 Step R slightly back, step L next to R, step R slightly back □03:00
7&8 Step L slightly back, step R next to L, step L slightly back

Restart here during 3rd A pattern, going straight into B pattern □03:00

A[49-56] □Out out, Twist x2, Swivel x2, Twist x2, hold □

&1 Step R to R side, step L to L side □03:00
2-3 Swivel both heels to R side, swivel both toes to R side □03:00
4-5 Swivel R toes to L side, swivel R heel to L side □03:00
6-8 Swivel both toes to L side, swivel both heels to L side, hold □03:00

A[57-64] □Out out in in x2, Rocking chair □

&1&2 Step R to R side, step L to L side, step R to centre, step L to centre □ 03:00
 &3&4 Step R to R side, step L to L side, step R to centre, step L to centre □ 03:00
 5-8 Rock R fw, recover onto L, rock R back, recover onto L □ 03:00

B SECTION (section starts facing 03:00) 72 counts

B[1-8] □ Shuffle, Chasse box ½ R □

1&2 Step R fw, step L next to R, step R small step fw □ 03:00
 3&4 Step L to L side, step R next to L, step L to L side □ 03:00
 5&6 Turn ¼ R stepping R to R side, step L next to R, step R to R side □ 06:00
 7&8 Turn ¼ stepping L to L side, step R next to L, step L to L side (body angled toward 07:30) □ 09:00

B[9-16] □ Back rock, Kick ball slide, Walk walk □

1-2 Rock R back (in your diagonal), recover onto L □ 10:30
 3&4 Kick R fw, step down on R, step L a big step fw □ 10:30
 5-6 Slide R toward L □ 10:30
 7-8 Walk R, walk L □ 10:30

B[17-24] □ Cross swing kicks, Sailor x 2 □

1-2 Keeping R leg bent at knee swing R in front of L (knee pointing L), swing R to R side (knee pointing R) □ 10:30
 3-4 Swing R in front of L (knee pointing L), kick R to R side □ 10:30
 5&6 Cross R behind L, step L to L side, step R to R side □ 10:30
 7&8 Cross L behind R, step R to R side, step L to L side slightly fw (squaring up to 09:00) □ 09:00

B[25-32] □ Vine slide, Ball cross shuffle, □

1-2 Cross R behind L, step L to L side □ 09:00
 3-4 Cross R over L, step L big step to L side □ 09:00
 5-6 Slide R toward L □ 09:00
 &7&8 Step R next to L, cross L over R, step R small step to R side, cross L over R □ 09:00

B[33-40] □ Box ¾ L, Rock step ¼ R point □

1-2 Step R to R side pushing R hip slightly out, turn ¼ L stepping L to L side pushing L hip slightly out □ 06:00
 3-4 Turn ¼ L stepping R to R side pushing R hip slightly out, turn ¼ L stepping L to L side pushing L hip slightly out □ 12:00
 5-6 Rock R fw, recover onto L □ 12:00
 7-8 Turn ¼ R stepping R to R side, point L to L side prepping body toward R □ 03:00

B[41-48] □ Rolling Vine x 2 □

1-2 Turn ¼ L stepping down on L, turn ½ L stepping R back □ 06:00
 3-4 Turn ¼ L stepping L to L side, point R to R side prepping body toward L □ 03:00
 5-6 Turn ¼ R stepping down on R, turn ½ R stepping L back □ 12:00
 7-8 Turn ¼ R stepping R to R side, scuff L fw □ 03:00

B[49-56] □ Jazzboxx cross, Out hold, Elvis knees □

1-2 Cross L over R, step R back □ 03:00
 3-4 Step L to L side, cross R over L □ 03:00
 5-6 Step L out, hold □ 03:00
 7-8 Pop R knee in, return R knee while popping L knee in □ 03:00

B[57-64] □ ¼ L kick, Back rock, Rock step, Heel switches □

1-2 Turn ¼ L on both feet (weight R), kick L fw □ 12:00
 3&4 Rock L back (3), recover onto R (&), hold (4) □ 12:00
 5-6 Rock L fw, recover onto R □ 12:00

&7&8& Step L next to R, put R heel fw, step R next to L, put L heel fw, step L next R □ 12:00

B[65-72] □ Step ¼ L, Cross, Point, Cross point, Side point, Sailor ¼ L heel □

1-2 Step R fw, turn ¼ L stepping onto L □ 09:00

3&4 Cross R over L (3), point L to L side (&), hold (4) □ 09:00

5-6 Point L over R, point L to L side □ 09:00

7&8& Cross L behind R, turn ¼ L stepping R small step to R side, put L heel fw, step L next to R □ 06:00

Good luck & enjoy!

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