

Double Scoop

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Derek Steele (USA), Jill Babinec (USA), Debi Pancoast (USA) & Rosie Multari (USA) - September 2019
音乐: Ice Cream - MIKA : (Single)



Intro is 32 counts - start with vocals

***Restart after 8 counts during 4th rotation**

[1 – 8]* Hip Swing R-L-R-L, R Sailor Step, Behind Quarter Step

1,2,3,4 Step R side shoulder width apart with bent knees and swing hips right, Swing hips left, Swing hips right, Swing hips left
5&6 Step R behind left, step L to left side, step R to right side
7&8 * Step L behind right, Turn 1/4 right stepping forward R [3:00]; Step L forward*

***Restart here during 4th wall**

[9 – 16] Crossing Hitch, Touch Back x2, Quarter, Roll Down, Back-Back-Back

1,2 Hitch R knee at diagonal across L, Touch R back at diagonal R
3,4 Hitch R knee at diagonal across L, Touch R back at diagonal R
5,6 Leave R toe where it is and turn 1/4 right on L [6:00], Body roll down to “sit” with weight on L
7&8 Run back R, L, R

[17-24] Coaster Cross, Rock-Recover-Cross, Quarter, Half, Triple Forward

1&2 Step back L, Step together R, Step L across R
3&4 Rock side R, Recover weight L, Step R across L (prep L shoulder slightly back)
5,6 Release L shoulder turning 1/4 right stepping back L [9:00], Continue turning 1/2 right stepping forward R [3:00]
7&8 Triple forward L, R, L

[25-32] Kick-n-Twist, Kick-n-Twist, Jazz Box Cross

1&2& Small kick low and forward R, Step together R, Touch L back while twisting heels of both feet left or slight sliding of L toes to back left diagonal with R knee bent, “Recover” by straightening up for next step (weight R)
3&4& Small kick low and forward L, Step together L, Touch L back while twisting heels of both feet right or slight sliding of R toes to back right diagonal with L knee bent, “Recover” by straightening up for next step (weight L)
5,6,7,8 Step R across L, Step back L, Step Side R, Step L across R

Begin again with this as your “new” 12:00 starting reference wall.

***Restart:** On fourth rotation, you will start the dance facing your original 9:00 reference wall and will be facing the original front wall at count 8 to restart from the top of the dance.

Optional Ending: You will be facing original 3:00 reference wall and dance counts 1-6 as is, count 7 touch L toe behind R, Turn 1/4 to front wall and “droop” and pout like you dropped your ice cream.

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Contact Derek @ ddsteele199@comcast.net, Jill at Toofdds1@aol.com or visit www.djdrjill.com, or contact Debi at dmpancoast@gmail.com, or Rosie at rosiemultari@gmail.com