

Give It Welly

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Michael Lynn (UK) - February 2021
音乐: Wellerman (Sea Shanty / 220 KID x Billen Ted Remix) - Nathan Evans, 220 KID & Billen Ted



#32 count intro

TOE TOUCHES, COASTER STEP, TOE TOUCHES, 1/4 HITCH, COASTER STEP

- 1-2 Touch right toe forward, touch right toe to right side
- 3&4 Step back right, close left beside right, step forward right
- 5-6 Touch left toe forward, 1/4 turn left as you hitch left (09:00)
- 7&8 Step back left, close right beside left, step forward left

DOUBLE LOCKSTEP, PIVOT 1/2 TURN, STOMPS x2, HEEL TWISTS

- &1&2 Lock right behind left, step forward left, lock right behind left, step forward left
- 3-4 Step forward right, pivot 1/2 turn left (weight left) (03:00)
- 5-6 Stomp right forward, stomp left in place
- 7&8 Twist both heels out, twist both heels in, twist both heels out (weight left)

STYLING: On counts 5-8 for added styling place both hands on your hips like an Irish dancer.

EASY OPT: Counts &1&2 for an easier option, replace with single lock (1-2 lock right behind left, step forward left)

ROCK RECOVER, BALL-HEEL GRIND 1/4 TURN, COASTER STEP, STOMPS x2

- 1-2& Rock forward right, recover left, step right beside left
- 3-4 Touch left heel forward grinding left heel from right to left making a 1/4 turn left, step back right (12:00)
- 5&6 Step back left, close right beside left, step forward left
- 7-8 Stomp right next to left, stomp left in place

DRUNKEN SAILOR, PIVOT 1/2 TURN, WALK x2

- 1-2& Step right to right diagonal, hold for count 2, cross left behind right
- 3&4& Step right to right diagonal, step left to left diagonal, cross right behind left, step left to left diagonal
- 5-6 Step forward right, pivot 1/2 turn left (06:00)
- 7-8 Walk forward right, walk forward left

OPTION: On counts 7-8 there is an optional full turn left. 1/2 turn left as you step back right, 1/2 turn left as you step forward left.

Alt Music: "Wellerman (Sea Shanty)" by Nathan Evans (4 count intro, 100bpm)

The original non-remix music is slower (so a good practice track).

There are a few more complicated dances available now to this version. My dance can be used as a floor split to these dances.

Last Update - 3 March 2021