

The Lexington

COPPER KNOB
STEPPERS

拍数: 76 墙数: 2 级数: Phrased Improver - Pattern
编舞者: Gregory F. Huff (USA) - February 2025
音乐: Cruisin' for P - Louis Cole : (Album: Nothing)



#32 count intro after drum solo; start dance at :29 in music

Pattern: A A A A B B TAG C A A A A D TAG C A A A B B D D (first 28 counts) TAG C A A

PART A:

SYNCOATED JAZZ BOX

- 1-2 Cross ball of right foot over left, lower right heel
- 3-4 Step ball of left foot backward, lower left heel
- 5-6 Step ball of right foot to the right, lower right heel
- 7-8 Step ball of left foot next to right, lower left heel

ROCKING CHAIR, HEEL STEPS & SNAPS

- 1-2 Rock as you step forward right, rock back on left foot
- 3-4 Rock backward as you step backward right, rock forward on left foot
- 5-6 Lean forward to the right as you step right heel forward while you raise both forearms at your sides, bend knees as your lower ball of right foot while you lower your forearms and snap then straighten knees
- 7-8 Lean forward to the left as you step left heel forward while you raise both forearms at your sides, bend knees as your lower ball of left foot while you lower your forearms and snap then stand up straight.

PART B:

SIDEWAYS VINES: ¼ TURN GRAPEVINE, ½ TURN GRAPEVINE

- 1-2 Move forward as you step right foot ¼ turn left, cross left behind right
- 3-4 Step right foot ¼ turn forward right, brush left foot forward
- 5-6 Step left foot ¼ turn right, cross right behind left
- 7-8 Step left foot ¼ turn left, touch right toe next to left

BACK STEPS & CLAPS, SIDE TO SIDE R, L

- 1-2 Step right foot diagonally backward right, clap as you touch left toe next to right
- 3-4 Step left foot diagonally backward left, clap as you touch right toe next to left
- 5-6 Step right foot to the right, touch left toe next to right
- 7-8 Step left foot to the left, touch right toe next to left.

PART C:

R TOE MASH WITH SLO-MO UPWARD ARM ZIGZAG

Slowly zig zag outstretched arms right & left with hands palms down from your right knee to up above your head for the next 16 counts:

- 1-2 Step ball of right foot forward and fan right heel right, left
- 3-4 Fan heel of right foot right, left
- 5-6 Fan heel of right foot right, left
- 7-8 Fan heel of right foot right, left

R TOE MASH WITH SLO-MO UPWARD ARM ZIGZAG

- 1-2 Fan heel of right foot right, left
- 3-4 Fan heel of right foot right, left
- 5-6 Fan heel of right foot right, left
- 7-8 Fan heel of right foot right, left

R TOE MASH WITH SLO-MO DOWNWARD ARM ZIGZAG

Slowly zig zag outstretched arms right & left with hands palms down from above your head down to your right knee for the next 16 counts:

- 1-2 Fan heel of right foot right, left
- 3-4 Fan heel of right foot right, left
- 5-6 Fan heel of right foot right, left
- 7-8 Fan heel of right foot right, left

R TOE MASH WITH SLO-MO DOWNWARD ARM ZIGZAG

- 1-2 Fan heel of right foot right, left
- 3-4 Fan heel of right foot right, left
- 5-6 Fan heel of right foot right, left
- 7-8 Fan heel of right foot right, left

SIDE TO SIDE R, L, STEP TOE STEP KICK

- 1-2 Stand up straight as you step right foot to the right, touch left toe next to right
- 3-4 Step left foot to the left, touch right toe next to left
- 5-6 Step right foot forward, tap left toe backward
- 7-8 Step left foot on the floor, kick right foot forward.

PART D:

GRAPEVINE R, BUMP HIPS

- 1-2 Step right foot to the right, cross left foot behind right
- 3-4 Step right foot to the right, touch left toe next to right
- 5-6 Bump hips left as you step left foot to the left, bump hips right
- 7-8 Bump hips left right

GRAPEVINE L, BUMP HIPS

- 1-2 Step left foot to the left, cross right foot behind left
- 3-4 Step left foot to the left, touch right toe next to left
- 5-6 Bump hips right as you step right foot to the right, bump hips left
- 7-8 Bump hips right, left

SIDE TO SIDE R, HULA WAVE SYNCNCHOPATED SWAY R, L

- 1-2 Step right foot to the right, step left foot next to right
- 3-4 Step right foot to the right, touch left toe next to right
- 5-6 Hula wave left and sway to the left as you step ball of left foot to the left, bring left heel down
- 7-8 Hula wave right and sway to the right as you step ball of right foot to the right, bring right heel down

SIDE TO SIDE L, HULA WAVE SYNCNCHOPATED SWAY L, R

- 1-2 Step left foot to the left, step right foot next to left
- 3-4 Step left foot to the left, touch right toe next to left
- 5-6 Hula wave right and sway to the right as you step ball of right foot to the right, bring right heel down
- 7-8 Hula wave left and sway to the left as you step ball of left foot to the left, bring left heel down.

TAG:

STEP, ¼ TURN LEFT, STEP, ¼ TURN LEFT

- 1-2 Step right foot forward, step left foot ¼ turn left
- 3-4 Step right foot forward, step left foot ¼ turn left.

Add your own style & have fun!

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