

Feet Off The Ground

COPPER KNOB
STEPSHEETS

拍数: 28 墙数: 2 级数: Intermediate
编舞者: Mike Glass (USA) - March 2025
音乐: Float - Switchfoot



Intro: start after 3-count after singer says "OK, let's do it"

Restart: Only one on Wall 7 after first 14 counts

Tags: First on Walls 5, 9, and 16 (this one ends the dance); Second on Walls 10, 11, and 12.

[1-7] Sweeps back, half turns back, quarter turn, begin quarter turn jazz box

- 1,2,3 Step back L while sweeping R back, Step back R while sweeping L back, Step back L while sweeping R back
- 4,5 Right 1/2 turn back stepping R forward, right 1/2 turn stepping L back
- 6 Right 1/4 turn back stepping R to right side
- 7 Cross L over R to start partial jazz box

[8-14] Finish quarter turn jazz box, shuffle forward, taps

- 1,2 Step R to right, 1/4 turn left while stepping L forward
- 3&4 Shuffle forward R, L, R
- 5&6&7 Touch L forward and step L next to R, touch R forward and step R next to L, step L forward

****Restart here on Wall 7****

[15-21] Quarter turn slides and shuffle-slide, ball cross, quarter step

- 1 Slide R right while turning 1/4 left
- 2 Slide L left while turning 1/4 left
- 3&4 Step R right while turning 1/4 left, step L next to R, step wide R to right while starting slow-slide L into R
- 5 Finish slow-slide L into R (goes with some drawn out lyrics like "yeahhh...")
- &6 Ball step L and cross R over L
- 7 1/4 turn left while stepping L forward

****[Tag here on Walls 10, 11, & 12 on Steps 3-7] Forward shuffle, half pivot turn****

- 3&4 Shuffle forward R, L, R
- 5, 6, 7 Step L forward, 1/2 turn right in place while shifting weight to R, Step L forward**

[22-28] Rock recover, half shuffle, half rock recover, half back lock step

- 1,2 Rock forward on R, recover weight on L
- 3&4 Shuffle back R, L, R while 1/2 turning right
- 5,6 1/2 turn right while stepping back on L, step forward and recover weight on R
- &7 1/4 turn right while stepping L to side, 1/4 turn right while crossing R over L

****[Tag here on Walls 5, 9, & 16 on Steps 1-7] Stomp-recover, half turn, stomp-recover, heels****

- 1, 2, 3 Stomp and rock forward on R, recover weight on L, step forward R while turning 1/2 right
- 4, 5 Stomp and rock forward on L, recover weight on R (the third time you do this tag the dance ends on count 4, L stomp)
- &6&7 Step L next to R, R heel, step R next to L, L heel