

Cookout (Fans Optional)

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Cupid (USA) - April 2025
音乐: The Cookout - Cupid



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music. Watch video for timing of fan klacks.

BODY ROCKS, LEG LIFTS

1 2 3 4 Standing with feet apart, bend at waist and lean to left, right, left, then lift/kick left foot
5 6 7 8 Repeat to right, left, right, then lift/kick right foot

GRAPEVINES RIGHT, LEFT

1 2 3 4 Grapevine to right (for style bounce/keep knees loose)
5 6 7 8 Grapevine to left

RUNNING STEPS, "CUT UP/FREE STYLE"

1 2 3 4 Quick small running steps forward R,L,R,L,R,L,R pause
5 6 7 8 In place free style

WALK BACK, STEP BACK, STEP, SCUFF, QUARTER LEFT TURN STEP

1 2 3 4 Walk backwards right, left, right, left
5 6 7 8 Step back on right, lift left foot for 6, scuff right foot to make quarter left turn, step on right to face new wall

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com

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