

Frank's After-Work

COPPERKNOB
STEPPSHEETS

拍数: 64 墙数: 2 级数: Phrased Advanced
编舞者: Frank Wittwer (DE) - July 2025
音乐: Powerful Women - Pitbull & Dolly Parton



Sequence: AA BB AA BB A - Tag: none - Restart: none

Start: after 16 Counts

Part A (32 Counts)

Section A1 Step RF, LF behind, RF together, LF Heel, LF Ball, RF cross, 2x ¼ Turn, Cross Shuffle

- 1 – 2 & step RF to side, cross LF behind RF, step RF together
- 3 & - 4 point L Heel diagonal forward, LF together, RF cross over LF
- 5 – 6 turn ¼ to R step LF back, turn ¼ to R step RF to R
- 7 & – 8 LF cross over RF, step RF to R, LF cross over RF

Section A2 2x ¼ Monterey Turn R, cross, back, shuffle to L

- 1 & – 2 & point RF to R, step RF together with ¼ turn to R, point LF to L, step LF together
- 3 & - 4 point RF to R, step RF together with ¼ turn to R, point LF to L
- 5 – 6 cross LF over RF, step RF back,
- 7 & – 8 step LF to side, step RF together, step LF to side

Section A3 Heel Grind ¼ R, Sailer Turn ¼ R, Rock Step, Back, Out-Out

- 1 - 2 step R Heel forward, ¼ Turn to R and step LF back
- 3 & - 4 ¼ Turn to R and cross RF behind LF, Step LF together, step RF forward
- 5 - 6 step LF forward, recover on RF
- 7 & - 8 step LF back, step RF to R, step LF to L

Section A4 RF Touch, LF Touch, step RF forward, Jump on LF, 2x Hold

- 1 - 2 touch RF beside LF, step RF to side
- 3 - 4 touch LF beside RF, step RF to side
- 5 – 6 step RF forward, jump on LF
- 7 – 8 land on both feet, hold

Part B (32 Counts)

Section B1 Heel Swich, step, Heel Swivel, Dorothy

- 1 &–2 & Point R Heel forward, Step RF together, point L Heel forward, step LF together
- 3 & - 4 step RF forward, swivel both heels to right, swivel both heels to center (weight ist on L)
- 5 – 6 & RF step diagonally forward, LF lock, RF diagonally forward
- 7 & – 8 LF step diagonally forward, RF lock, LF diagonally forward

Section B2 Cross Rock, 1 ½ three-Step-Turn, ¼ Turn, Sailor Step, 2x Clap

- 1 – 2 cross RF over LF, recover on LF
- 3 & - 4 ½ turn R step RF forward, ½ turn R step LF back, ½ turn R step RF forward
- 5 – 6 & ¼ turn R step LF to side, cross RF behind LF, RF together
- 7 & – 8 step RF to side, clap, clap

Section B3 Mambo step, side Mambo, Behind, Side, Cross, Point, Cross, 1 ¼ Twist Turn

- 1 &–2 & step LF forward, recover on RF, step LF to side, recover on RF
- 3 & - 4 cross LF behind RF, step RF to side, cross LF over RF
- 5 - 6 point RF to side, cross RF over LF
- 7 - 8 1 ¼ twist turn weight ist on LF, weight change to RF

Section B4 Step, Kick, Back, Close, Double Footboogie

- 1 - 2 step LF forward, kick RF,
 - 3 - 4 step RF back, LF beside RF
 - 5 & – 6 turn out both toes diagonally, turn out both heels diagonally, turn out both toes diagonally
 - 7 & – 8 turn in both toes diagonally, turn in both heels diagonally, turn in both toes until closed
position (parallel feet)
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