

Relax Max

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 4 级数: Intermediate/Advanced
编舞者: Ros Brander-Stephenson (UK)
音乐: Don't Be Stupid (Dance Mix) - Shania Twain



KICK, KICK, RIGHT SHUFFLE, KICK, KICK, LEFT SHUFFLE

1-2-3&4 Kick right foot forward diagonally right twice, forward shuffle right, left, right
5-6-7&8 Kick left foot forward diagonally left twice, forward shuffle left, right, left

ROCK STEP, FULL TURN RIGHT, ½ SHUFFLE TURN RIGHT, ROCK STEP

1-4 Rock forward on right foot, recover onto left, make ½ turn right stepping forward on right, make ½ turn right stepping back on left
5&6-8 Make half shuffle turn right stepping right, left, right, rock forward on left foot, recover onto right

LEFT COASTER, STEP PIVOT ¼ LEFT, CROSS SHUFFLE, ½ TURN RIGHT, TOE TOUCH

1&2-4 Step back on left foot, step right beside left, step forward on left, step forward on right, pivot ¼ turn left (weight on left foot)
5&6-8 Cross right over left, step left to side, cross right over left, make ½ turn right stepping weight onto left foot, touch right toe to right side

SIDE TOE TOUCHES & CLICKS X 3, WHOOPSIE

1-2 Place weight down onto right, touch left toe diagonally to left side, body angled to left

Arms out to side bent at elbows, click fingers

3-4 Place weight down onto left, touch right toe diagonally to right side, body angled right

Arms out to side bent at elbows, click fingers

5-6 Repeat counts 1, 2

7 Bring left foot beside right, knees bent, hands on knees, bum pushed out

8 Small jump back as you begin to straighten up

FORWARD SHUFFLE, TOE POINT, HOLD, FORWARD SHUFFLE, TOE POINT, HOLD

1&2-4 Forward shuffle stepping right, left, right, point left toe to side, hold

5&6-8 Forward shuffle stepping left, right, left, point right toe to side, hold

PADDLE TURN, BACK SCOOTS (ROGER RABBITS)

1&2&3&4 Hitch right knee making ¼ turn left, point right toe to right side, repeat 3 more times to complete a full turn

5-6 Scoot back on left right

7&8 Scoot back on left right left

BACK SCOOTS (ROGER RABBITS), PADDLE TURN

1-2 Scoot back on right left

3&4 Scoot back on right left right

5&6&7&8 Hitch left knee making ¼ turn right, point left toe to left side, repeat 3 more times to complete a full turn

CROSS JACKS X 3, CROSS UNWIND ½ TURN LEFT

&1&2 Step back on right, cross left over right, step right to side, touch left heel forward

&3&4 Step back on left, cross right over left, step left to side, touch right heel forward

&5&6 Step back on right, cross left over right, step right to side, touch left heel forward

&7-8 Step back on left, cross right over front of left, unwind ½ turn left

SAILORS LEFT&RIGHT, ROCK STEP, ¾ SHUFFLE TURN LEFT

- 1&2 Step left behind right, step right to side, step left beside right
3&4 Step right behind left, step left to side, step right beside left
5-7&8 Rock forward on left, recover onto right, make ¾ turn left, stepping left, right, left

SYNCOATED JAZZ BOXES RIGHT&LEFT, TURNING RIGHT

- 1&2 Cross right over in front of left, step back on left, step right to right side making 1/8 turn right
3&4 Cross left over in front of right, step back on right, step left to left side making 1/8 turn right
5&6 Repeat 1&2
7&8 Repeat 3&4 (this completes a ½ turn right)

REPEAT

TAG

Danced at the end of walls 1, 3, 5

SIDE STEPS, JACK, STEP TOGETHER

- 1 Step right to side bending at knees into squat position and with hands clasped together in front push in a downward movement
2 Step left beside right pulling hands up to mid chest
3 Repeat 1
4 Repeat 2
&5-7 Step back on right, touch left heel forward and raise both arms up & out, hold
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