

Slam Dunk

COPPER KNOB
STEPSHEETS

拍数: 40
编舞者: Lorraine Everett
音乐: Slam Dunk - Five

墙数: 4

级数: Intermediate/Advanced



ARMS UP, DOWN UP SNAKE ROLL, KICK, KICK SIDE TURN

Arm styling: for counts 1&2: with arms shoulder width apart, elbows bent, with palms towards face. Keeping elbows level, hands move towards each other window wiper fashion.

- 1&2 Feet apart, arms up, down, up
- 3 Keeping left arm up, drop right arm to right side lifting right shoulder, lean to left to start small snake roll
- 4 Close right foot to left, as you finish snake roll
- 5-6 Kick right foot forward twice
- 7& Kick right foot to right side (shoulder width apart) replacing right foot, cross step left foot over right
- 8 Turn ½ right

STEP SLIDE, STEP SLIDE

- 9 Step forward left (arms stretched forward)
- 10 Slide right foot to left (bend arms as in pulling a rope)
- 11-12 Repeat counts 9,10

JUMPING JACKS, OUT, TURN, IN TURN, IN TURN

Arm styling: for counts 13-16, arms to sides 45 degrees on the count, on the & count arms bend at elbows and cross body waist level or above.

- 13 Jump both feet apart weight on right-(arms 45 degrees to sides)
- & On ball of right foot turn ½ right, lifting left foot to mid calf level of right leg, knee to side.
- 14 Touch left foot to left side, keeping weight on right
- & Lift left foot to mid calf level, knee to side turn ½ left.
- 15 Replace left foot keeping weight on left.
- & Lift right foot to mid calf level of left turning ½ left.
- 16 Replace right foot.

STEP FORWARD RIGHT, LEFT, HEELS OUT IN OUT IN STEP FORWARD LEFT, RIGHT HEELS OUT IN OUT IN

- 17 Step forward right
- 18 Step forward left
- 19&20 Swivel heels left, center, left (both arms to left side in time with heels)
- 21 Step forward left
- 22 Step forward right
- 23&24 Swivel heels right center right (arms as above)

RONDE TURN, TAP, TAP, TAP, ROCK FORWARD ROCK BACK ROCK FORWARD, TURN

- 25 On ball of right foot, ronde left foot ½ left turning with it (left arm follows leg with palm facing outwards)
- 26 Push right arm out in front, just below left (palm outward just below left)
- 27&28 Tap left heel three times
- 29-30-31 Rock forward right, rock back right, rock forward right
- &32 Cross left foot behind right, unwind full turn left

STEP RIGHT, CLOSE, RIGHT, CLAP, CLAP, JUMP OUT IN OUT TURN

- 33-34 Step right to right side, close left to right.

35 Step right, small step

&36 Clap twice

37&38 Jump feet, out, in, out

Arm styling: for counts 37&38 fists clenched, elbows bent, left fist to left side, right fist to left side at chest level, arms swing left-right-left

39 Cross right foot over left

40 Unwind 1 ¼ turn left.

REPEAT
