

Smokin' "A"

COPPER KNOB
STEPPERS

拍数: 0 墙数: 4 级数: Advanced
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音乐: I'm a Cowboy - Smokin' Armadillos



INTRO - THIS IS DONE ON THE 1ST AND 3RD WALL ONLY!

- 1-2 Slide 45 angle left & drag your right beside left
- 3-4 One heel split (open/close)
- 5-6 Slide 45 angle right & drag the left beside right
- 7-8 One heel split (open/close)
- 9-10 Slide 45 angle back left & drag your right beside left
- 11-12 One heel split (open/close)
- 13-14 Slide 45 angle back right & drag the left beside right
- 15-16 One heel split (open/close)

Arms: Forward movement: reach on (1) & (5) counts with opposite hand, and pull on (2) & (6) counts, other hand stays at waist.

Back movement, opposite hand open (palm down) on (9) & (13) counts. Hands stay at waist for heel splits.

KICK AND LUNGE

- 1 Kick right foot forward 6" from the floor
- & Step next to left with weight on right
- 2 Point left foot out to the side
- 3 Kick left forward 6" from the floor
- & Step next to right with weight on left
- 4 Point right foot out to the side
- 5&6 Repeat 1&2
- 7&8 Repeat 3&4

This movement is like a kick ball change except with a lunge outward on the 2,4,6 and 8 counts.

HEEL DIGS AND THIGH SLAPS

- 1 Cross right over left and dig right heel to floor
- 2 Step on left (in place)
- 3 Rock step back with right foot
- 4 Step on left (in place)
- 5 Cross left over right and dig left heel to floor
- 6 Step on left (in place)
- 7&8 With weight on both feet, slap outside of thighs back, then, forward & clap

HEEL DIGS AND THIGH SLAPS

- 1 Cross left over right and dig left heel to floor
- 2 Step on right (in place)
- 3 Rock step back with left foot
- 4 Step on right (in place)
- 5 Cross right over left and dig right heel to floor
- 6 Step on right (in place)
- 7&8 With weight on both feet, slap outside of thighs back, then, forward & clap

KICK BALL CHANGE AND ½ TURN

- 1&2 Kick ball change right foot
- 3 Right toe back
- 4 Turn ½ right (transfer weight to right)

- 5&6 Kick ball change left (weight on right)
- 7 Step left forward
- 8 Stomp right next to left

SIDE WALK AND KNEE HITCH

- 1 Turn $\frac{1}{4}$ right
- 2-3 Walk left foot, right foot
- 4 Bring left knee up & turn $\frac{1}{2}$ left
- 5-6-7 Walk left foot, right foot, left foot
- 8 Bring right knee up and turn $\frac{1}{4}$ right

HOP CROSS & $\frac{3}{4}$ TURN, STEP TOGETHER, STOMP

- 1 Both feet hop out (like a jumping jack)
- 2 Hop & cross right of left foot
- 3 $\frac{3}{4}$ turn left
- 4 Hold
- 5 Step forward with right
- 6 Slide left beside right
- 7 Step forward with right
- 8 Stomp left (weight on left)

REPEAT

Skip intro for wall 2

Include intro for wall 3

Skip intro for wall 4
