

S.O.S. (Sync Or Swim)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Jo Thompson Szymanski (USA)
音乐: Walkin' the Country - Keith Urban & The Ranch



KICK, BALL CROSS, KICK, BALL CROSS, ROCK SIDE, STEP, SAILOR SHUFFLE

- 1 With the body facing diagonally right, kick right forward to right diagonal.
- &2 Rock back on ball of right, step left across in front of right
- 3&4 Kick right forward to right diagonal, rock back on ball of right, step left across in front of right
- 5-6 Rock to right side with right foot allowing body to face front, replace weight to left foot
- 7&8 Step right behind left, step ball of left to left side, step forward with right.

STOMP left, left, STOMP right, right, SYNCOPATED STOMPS FORWARD

The next 8 counts should be done smoothly with knees slightly bent. The stomps are done softly, more emphasis than a regular step, but not as strong as a normal stomp.

- 1-2 Stomp forward with left (no weight), stomp in that same place with left taking weight
- 3-4 Stomp forward with right (no weight), stomp in that same place with right taking weight
- & Stomp left behind right at an angle so instep of left foot is behind the heel of the right foot and body is turned slightly left (the feet are now in 3rd position).
- 5-6 Stomp right forward, hold
- &7 Moving forward, stomp left behind right in 3rd position, stomp right forward
- &8 Moving forward, stomp left behind right in 3rd position, stomp right forward

2 SAILOR SHUFFLES, SYNCOPATED SAILOR, KICK, BALL CHANGE

- 1&2 Step left behind right facing front, rock ball of right to right side, step left foot centered under body
- 3&4 Step right behind left, rock ball of left to left side, step right foot centered under body
- &5-6 Quickly step together with left, rock ball of right to right side, replace weight to left foot
- 7&8 Kick right foot across front, rock ball of right to right side, replace weight to left foot

POINT, BALL CHANGE, SHUFFLE RIGHT, TURNING SHUFFLE, ROCK, STEP

- 1 Leave feet where they are, keeping weight on left foot, turn ¼ right pointing right foot forward.
- &2 Rock back on ball of right foot, step forward with left
- 3&4 Right shuffle forward: step forward with right, step together with left, step forward with right
- 5&6 ½ right turning shuffle: step forward with left starting to turn right, step together with right continuing to turn right (completing ½ right turn), step back with left
- 7-8 Rock back with ball of right, replace weight forward to left foot turning 1/8 left to end facing back wall but diagonally to the right in order to start again. This is a two wall dance.

REPEAT