

Wash Me Down

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Frankie Cull (UK)
音乐: Take Me to the River - The Commitments



Sequence: A, B, AA, B, AAAA, B, A till the end ("Mustang Sally" by The Commitments need no restarts)

PART A

2 DRUNKEN SAILOR WALKS, RIGHT CHASSE, SAILOR, ¾ TURN RIGHT

- 1-2 Step right foot forward in front of left, step left foot forward in front of right
- 3&4 Step right foot to right side, step left foot next to right, step right foot to right side
- 5&6 Step left behind right, step right to right side, step left to left side (angle body to left in preparation for full turn to right)
- 7-8 Turn ¼ to right & step forward on right, continue turning another ½ right stepping back on left foot

¼ RIGHT WITH 2 HIP BUMPS, 2 'HIP' WALKS, ¾ TURN LEFT, CROSS WALKS BACK

- 9-10 Finish the full turn right stepping right to right side & bumping hips to right twice
- 11-12 Step left slightly forward to left diagonal with left hip bump; step right slightly forward to right diagonal with right hip bump
- 13-14 Turn ¼ to left & step forward on left, continue turning another ½ left stepping back on right foot
- 15-16 Step left foot back slightly behind right, step right foot back slightly behind left

REACH-PULL TWICE, SWAY FORWARD & BACK, COASTER STEP

- 17 Touch let toe back while reaching forward with both hands (at chest height, palms down)
- 18 Pull both (gripped) hands into chest (as if rowing), pressing hips forward, leaning shoulders slightly back with weight on left leg
- & Bring right foot back to meet left taking weight on right foot and returning shoulders to center
- 19 Touch let toe back while reaching forward with both hands (at chest height, palms down)
- 20 Pull both (gripped) hands into chest (as if rowing), pressing hips forward, leaning shoulders slightly back with weight on left leg
- 21-22 Sway/rock weight forward (lead with chest) onto right foot & back onto left
- 23&24 Step back on right foot, step left next to right, right step forward

½ PIVOT TURN RIGHT, ROCK, RECOVER, TRIPLE ½ LEFT, 2 KICKS

- 25-26 Step left foot forward (punch both hands straight up in air palms forward), pivot ½ turn right. (drop both arms down to sides)
- 27-28 Rock/step forward on left, replace weight to right
- 29&30 Turn ½ turn left shuffling forward left, right, left
- 31& Kick right foot across in front of left (punch left fist straight up in the air) change weight onto right foot (bring arm down)
- 32& Kick left foot across in front of right (punch right fist straight up in the air) change weight onto left foot (bring arm down)

PART B

- 1-22 Repeat counts 1-22 of Part A