

Yee Haa!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2
编舞者: Henry Costa (USA)
音乐: Riding Alone - Rednex

级数: Intermediate/Advanced



This dance is dedicated to Debra Van Metre a close friend who's been like a sister to me. Thanks for your support! This dance is for you

FORWARD, FORWARD, FORWARD, ½ PIVOT, ¼ TURN, CROSS FRONT, SIDE STEP, TOUCH

- 1-2 Right step forward, left step forward
- 3-4 Right step forward, stepping forward with left (weight on ball of left when stepping down switching to full weight on left after pivot on left is completed) then ½ pivot right with left (now facing opposite wall - weight on left) right foot now with point in front of left - use partial weight bearing on right ball of foot if needed for balance (all of the following takes place on count 4)
- 5-6 Sweep right ¼ turn step forward (¼ turn to right - lift left heel as ¼ turn to right is executed - now facing side wall - weight now on right), cross left in front of right
- 7-8 Step side right, left touch next to right

¼ LEFT FORWARD, FORWARD, FORWARD, ½ PIVOT, ¼ TURN, CROSS FRONT, SIDE STEP, TOUCH

- 1-2 ¼ turn left stepping left forward, right step forward
- 3-4 Left step forward, stepping forward with right (weight on ball of right when stepping down switching to full weight on right after pivot on right is completed) then ½ pivot left with right (now facing opposite wall weight on right) left foot now with point in front right - use partial weight bearing on left ball of foot if need for balance (all the following takes place on count 4)
- 5-6 Sweep left ¼ turn step forward (¼ turn to left - lift right heel as ¼ turn to left is executed - now facing side wall - weight now on left), cross right in front of left
- 7-8 Step side left, right touch next to left

¼ TURN RIGHT, ¼ TURN RIGHT, ½ TURN RIGHT, LEFT TOE TOUCH NEXT TO RIGHT, ¼ TURN LEFT, ½ TURN LEFT, ½ TURN LEFT, RIGHT TOE TOUCH NEXT TO LEFT

- 1-2 ¼ turn right (with right foot facing side wall), ¼ turn right (with left foot swinging around stepping down on left, weight on left)
- 3-4 ½ turn right (with right foot swinging around back to left, stepping down right, weight on right), left toe touch next to right
- 5-6 ¼ turn left (with left foot facing side wall), ¼ turn left (with right foot swinging around stepping down on right, weight now on right)
- 7-8 ½ turn left (with left foot swinging around back to right, stepping down on left, weight on left), right toe touch next to left

(¼ RIGHT TURN FORWARD TO START) RIGHT FORWARD SHUFFLE, LEFT FORWARD SHUFFLE, FORWARD, ½ PIVOT, RIGHT KICK BALL CHANGE

- 1&2 ¼ turn right stepping forward with right, left close next to right, right step forward
- 3&4 Left step forward, right close next to left, left step forward
- 5-6 Right step forward, ½ pivot left
- 7&8 Right kick forward, step down on ball of right, weight change to left

REPEAT