

B-B-B-Bein' B-B-B-Bad

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Advanced
编舞者: Johnny Montana (USA)
音乐: Billy B. Bad - George Jones



TUCK & TURN

- 1&2 Shuffle forward leaning body a little to left: right, left, right (step forward onto right foot, slide left next to right, step forward onto right foot)
- 3&4 Shuffle forward making a ½ turn to right: left, right, left (step forward onto left foot pointing toe to right and make a ¼ turn to right, step right foot next to left, step forward onto left foot pointing toe to right and make a ¼ turn to right)

KICK-BALL-CHANGE, KNEE KNOCKS

- 5&6 Kick right foot forward, step onto sole of right foot in or slightly back of home position, replace left foot in home position.
- 7&8 Bending at knees: knock knees together, spread knees apart, knock knees together
- While doing these knee knocks: pick arms up shoulder height (bent at elbows) and pump arms forward, back, forward.**

KICK-BALL-CROSS, STEP, CROSS

- 9&10 Kick right foot diagonally right, step slightly back and to the right side onto sole of right foot, cross left foot over right and step
- 11&12 Kick right foot diagonally right, step slightly back and to the right side onto sole of right foot, cross left foot over right and step

SIDE ROCK, STEP, CROSSING SHUFFLE

- 13-14 Step onto right foot to right side and rock, step (replace weight) onto left foot
- 15&16 Cross right foot over left and shuffle to left side right, left, right
- Angle body to left (1/8 turn) and maintain feet in crossed position while doing counts 15 & 16**

SYNCOATED TOE POINTS & TOE TAPS

- 17& Touch left toe to left side, step onto left foot next to right
- 18& Touch right toe to right side, step onto right foot next to left
- 19& Touch left toe next to right, step onto left foot next to right
- 20 Touch right toe next to left

HEEL JACK, HOLD, TOGETHER, HOLD

- &21-22 Step back onto right foot, touch left heel forward, hold for one beat
- &23-24 Step onto left foot into home position, touch right toe next to left, hold for one beat

STAMP RIGHT, STAMP LEFT

- 25-26 Stamp right foot forward, hold one beat
- 27-28 Stamp left foot forward, hold one beat

KNEE KNOCKS AND ARM MOVEMENTS

- 29&30& Bending at knees: knock knees together, spread knees apart, knock knees together, spread knees apart

While doing these knee knocks: cross hands in front of body, spread hands apart, cross hands in front of body. Do this below waist level. On the second & count the hands will start to go behind body to do the following counts

- 31&32& Bending at knees: knock knees together, spread knees apart, knock knees together, spread knees apart

While doing these knee knocks: cross hands behind body, spread hands apart, cross hands behind body. Do

this below waist level.

STAMP RIGHT, STAMP LEFT

33-34 Stamp right foot forward, hold one beat

35-36 Stamp left foot forward, hold one beat

SCOOT/TAP BACKWARDS (3 STOOGES SCOOT)

&37&38 With right knee bent and foot off floor scoot back on left foot, tap tip of right toe on floor, with right knee bent and foot off floor scoot back on left foot, tap tip of right toe on floor

&39&40 With right knee bent and foot off floor scoot back on left foot, tap tip of right toe on floor, with right knee bent and foot off floor scoot back on left foot, tap tip of right toe on floor

These steps can be accentuated with hand movements. As you progress backwards make like you are skipping rope. Hold hands to outside and rotate right hand to the left and left hand to the right. The last 2 taps can be replaced with a rock back and step forward

TOE-HEEL STRUT STEPS WITH FINGER SNAPS

41-42 Touch right toe forward, lower right heel to floor and snap fingers

43-44 Touch left toe forward, lower left heel to floor and snap fingers

KICK-BALL-CHANGE, STEP, TURN

45&46 Kick right foot forward, step onto sole of right foot in or slightly back of home position, replace left foot in home position.

47-48 Step forward onto right foot, pivoting on soles of both feet make a $\frac{1}{4}$ turn to left and transfer weight to left foot

REPEAT
