

Abdul's Comeback

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 0 级数: Phrased Intermediate
编舞者: Karen Hedges (USA) & Nancy Morgan (USA) - April 2008
音乐: Dance Like There Is No Tomorrow - Paula Abdul & Randy Jackson : (CD: Randy Jackson's)



Start: 16 counts then start or when she starts to sing

ABABABAB

You can also drop Part B and do the dance to Mercy by Duffy. Start the dance when she starts to sing!

PART A

Traveling Sailors (The Wiz), Step, Out

- 1,2& Step Right foot diagonally forward (1:00), step Left behind Right, step Right to Right side
- 3,4& Step Left foot diagonally forward (11:00), step Right behind Left, step Left to Left side
- 5,6& Step Right foot diagonally forward (1:00), step Left behind Right, step Right to Right side
- 7,8 Step Left foot forward, step Right foot out to Right side

Body Roll Down, Body Roll Up, Swivel Knee In, Out With ¼ Turn, Coaster Step

- 1,2 Body Roll Down so that weight is on Left foot lifting Right heel off of Floor (Your body will be facing 2:00)
- Easy Alternate: Squat slightly down lifting Right heel of floor (Your body will be facing 2:00), Hold**
- 3,4 Body Roll Up now putting Right heel back on floor (Body is facing back at 12:00)
- Easy Alternate: Stand back up now putting Right heel back on floor (Body is facing back at 12:00), Hold**
- 5,6 (Heel is off of floor, swiveling with ball of foot) Swivel Right knee in towards Left, swivel Right knee ¼ turn to Right
- 7&8 Step back on Right, back on Left, Forward on Right

Step, Touch, Step, Touch, Jazz Box With A Touch

- 1,2 Step Left forward, touch/Point Right toes out to Right side
- 3,4 Step Right forward, touch/Point Left toes out to Left side
- 5,6,7,8 Cross/step Left over right, step back on Right, step Left to Left side, touch Right next to Left

Step Fwd, ¼ Turn, Hitch, Step Side, ¼ Turn, Hitch, Step Side, ¼ Turn Hitch, Step Back, ¼ Turn Hitch

- 1,2 Step Right foot forward ¼ turn to Right, Bring Left knee up into a Hitch position
- 3,4 Step Left to Left side ¼ turn to Right, Bring Right knee up into a Hitch position
- 5,6 Step Right to Right side, Bring Left knee up into a Hitch position turning ¼ turn to Left
- 7,8 Step back on Left, Bring Right knee up into a Hitch position turning ¼ turn to Left

PART B

Repeat FIRST 32 counts in Part A, then ADD the following 16 counts:

Camel Walk 2 Times, Step, Touch

- 1,2,3 Step Right forward towards 2:00, While lifting Right heel off of floor - slide Left instep in towards the ball of your Right foot, Lift Left heel off of floor as you set your Right heel down
- 4,5,6 Step Left forward towards 10:00, While lifting Left heel off of floor - slide Right instep in towards the ball of your Left foot, Lift Right heel off of floor as you set your Left heel down
- 7,8 Step Right forward towards 1:00, While lifting Right heel off of floor - slide Left instep in toward the ball of your Right foot

Step Back, Touch, Step Back, Touch, Step Back Touch, Heel Jack With Touch

- 1,2 Step Left foot back towards 7:00 as you set your Right heel down, touch Right next to Left
- 3,4 Step Right foot back towards 5:00, touch Left next to Right

5,6	Step Left foot back towards 7:00, touch Right next to Left
&7	Step back on Right, touch Left heel forward
&8	Step Left, touch Right next to Left
