

Nadine

COPPER KNOB
STEPSHEETS

拍数: 176 墙数: 4 级数: Phrased Novice / Intermediate
编舞者: Tjwan Oei (NL) - March 2013
音乐: Nadine - Indonesian Revival Band



Sequence : A – A – B – A – A – End...

PART A : 80 counts

A01 Toe strut full turn right around

1-2-3-4 Rf. toe step $\frac{1}{4}$ turn right – Rf. heel down – Lf. toe step $\frac{1}{4}$ turn right – Lf. heel down
5-6-7-8 Rf. toe step $\frac{1}{4}$ turn right – Rf. heel down – Lf. toe step $\frac{1}{4}$ turn right – Lf. heel down

A02 Step fwd. – Lock – Step – Scuff – Step fwd. – Lock – Step – Scuff (Diagonally)

1-2-3-4 Rf. step diagonally forward – Lf. lock behind Rf. – Rf. step diagonally forward – Lf. scuff forward
5-6-7-8 Lf. step diagonally forward – Rf. lock behind Lf. – Lf. step diagonally forward – Rf. scuff forward

A03 Rock fwd. – Recover – Back strut (R – L – R)

1-2-3-4 Rf. step forward – Recover weight on Lf. – Rf. toe step back – Rf. heel down
5-6-7-8 Lf. step toe back – Lf. heel down – Rf. step toe back – Rf. heel down

A04 Slow coaster step – Hold – Step fwd. – Pivot $\frac{1}{2}$ turn left – Step fwd. – Hold

1-2-3-4 Lf. step back – Rf. step back – Lf. step forward – Hold
5-6-7-8 Rf. step forward – Rf. / Lf. step $\frac{1}{2}$ turn left – Rf. step forward – Hold [06.00]

A05 Shimmy (down and up) stepping to right 2 x

1-2-3-4 Rf. step to the right side and with your body down and up moving with the shoulders – Lf. step together
5-6-7-8 Rf. step to the right side and with your body down and up moving with the shoulders – Lf. step together

A06 Right side step – Together – Side – Scuff – Left side step – Together – Side – Scuff

1-2-3-4 Rf. step to the right side – Lf. step together – Rf. step to the right side – Lf. scuff forward
5-6-7-7 Lf. step to the left side – Rf. step together – Lf. step to the left side – Rf. scuff forward

A07 Shimmy (down and up) stepping to right 2 x

1-2-3-4 Rf. step to the right side and with your body down and up moving with the shoulders – Lf. step together
5-6-7-8 Rf. step to the right side and with your body down and up moving with the shoulders – Lf. step together

A08 Right side step – Together – Side – Scuff – Left side step – Together – Side – Scuff

1-2-3-4 Rf. step to the right side – Lf. step together – Rf. step to the right side – Lf. scuff forward
5-6-7-8 Lf. step to the left side – Rf. step together – Lf. step to the left side – Rf. scuff forward

A09 Heel grind – Step back – Together – Heel grind – Step back – Together

1-2-3-4 Rf. heel step fwd. and turn toes from left to right – Rf. step back – Lf. step together beside Rf.
5-6-7-8 Rf. heel step fwd. and turn toes from left to right – Rf. step back – Lf. step together beside Rf.

A10 Jazz box – Jazz box with $\frac{1}{4}$ turn left

1-2-3-4 Rf. cross over Lf. – Lf. step back – Rf. step to the right – Lf. step together beside Rf.
5-6-7-8 Rf. cross over Lf. – Lf. step back – Rf. step $\frac{1}{4}$ turn left – Lf. step together beside Rf. [03.00]

PART B (Instrumental part) 96 counts

B01 Right step fwd. – Lock – Step – Scuff – Left step fwd. – Lock – Step – Scuff (Diagonally)

- 1-2-3-4 Rf. step diagonally forward – Lf. lock behind Rf. – Rf. step diagonally forward – Lf. scuff forward
5-6-7-8 Lf. step diagonally forward – Rf. lock behind Lf. – Lf. step diagonally forward – Rf. scuff forward

B02 Rock fwd. – Recover – Step back – Hold – Slow coaster step – Hold

- 1-2-3-4 Rf. rock forward – Recover weight on Lf. – Rf. step back – Hold
5-6-7-8 Lf. step back – Rf. step back – Lf. step forward – Hold

B03 Heel touch fwd. (2 x) – Toe touch back (2 x) – Step fwd. – Pivot ½ turn left (2 x)

- 1-2-3-4 Rf. heel touch forward (2 x) – Rf. toe touch back (2 X)
5-6-7-8 Rf. step forward – Rf. / Lf. step ½ turn left – Rf. step forward – Rf. / Lf. step ½ turn left

B04 Twist to the right – Twist to the left

- 1-2-3-4 Rf. / Lf. twist to the right (R – L – R – L)
5-6-7-8 Rf. / Lf. twist to to the left (L – R – L – R)

B05 Right side step – Behind – Side – Scuff – Left side step – Behind – Side – Scuff

- 1-2-3-4 Rf. step to the right side – Lf. step behind Rf. – Rf. step to the right side – Lf. scuff forward
5-6-7-8 Lf. step to the left side – Rf. step behind Lf. – Lf. step to the left side – Rf. scuff forward

B06 Jazz box – Jazz box with ¼ turn left

- 1-2-3-4 Rf. cross over Lf. – Lf. step back – Rf. step to the right side – Lf. step together beside Rf.
5-6-7-8 Rf. cross over Lf. – Lf. step back – Rf. step ¼ turn left – Lf. step together beside Rf.

B07 Jump diagonally fwd. to right and Jump diagonally fwd. to left (Zig zag)

- 1-2-3-4 Jump (Rf.-Lf.) diagonally to the right forward – Jump (Lf.-Rf.) diagonally to the left forward
5-6-7-8 Jump (Rf.-Lf.) diagonally to the right forward – Jump (Lf.-Rf.) diagonally to the left forward

B08 Jump diagonally back to right and Jump diagonally back to left (Zig zag)

- 1-2-3-4 Jump (Rf.-Lf.) diagonally to the right back – Jump (Lf.-Rf.) diagonally to the left back
5-6-7-8 Jump (Rf.-Lf.) diagonally to the right back – Jump (Lf.-Rf.) diagonally to the left back

B09 Right side step – Behind – Side – Scuff – Left side step – Behind – Side – Scuff

- 1-2-3-4 Rf. step to the right side – Lf. step behind Rf. – Rf. step to the right side – Lf. scuff forward
5-6-7-8 Lf. step to the left side – Rf. step behind Lf. – Lf. step to the left side – Rf. scuff forward

B10 Heel touch fwd. (2 x) – Toe touch back (2 x) – Step fwd. – Pivot ½ turn left (2 x)

- 1-2-3-4 Rf. heel touch forward (2 x) – Rf. toe touch back (2 x)
5-6-7-8 Rf. step forward – Rf. / Lf. step ½ turn left – Rf. step forward – Rf. / Lf. step ½ turn left

B11 Heel grind – Step back – Together – Heel grind – Step back – Together

- 1-2-3-4 Rf. heel touch forward and turn toes from left to right – Rf. step back – Lf. step together beside Rf.
5-6-7-8 Rf. heel touch forward and turn toes from left to right – Rf. step back – Lf. step together beside Rf.

B12 Jazz box – Jazz box with ¼ turn left

- 1-2-3-4 Rf. cross over Lf. – Lf. step back – Rf. step to the right – Lf. step together beside Rf.
5-6-7-8 Rf. cross over Lf. – Lf. step back – Rf. step ¼ turn left – Lf. step together beside Rf.

End : Repeat section 09 & 10 (Heel grind.....till the end .. Jazz box with ¼ turn left) till the music end .

Happy dancing..... Veel dansplezier.....

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