

190 Proof X 2 (P)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 0 级数: Beginner Partner
编舞者: Jill Weiss (USA) & Kevin Fritch - March 2013
音乐: Shake It (feat. Big & Rich) - The Lacs



Position: Couples face forward LOD holding inside hands, man on inside, woman on outside
All steps are on opposite feet!

OUTSIDE HEEL, INSIDE HEEL, OUTSIDE FOOT KICK TWICE, BACK ROCK

- 1-2 Touch outside heel forward, step feet together
- 3-4 Touch inside heel forward, step feet together
- 5-6 Kick outside foot forward twice
- 7-8 Rock back on outside foot, recover to inside

STEP TOUCHES FACING TOWARD PARTNER, VINE WITH SCUFF AND ½ TURN

- 1-2 W: Step right foot into LOD, turning to face partner, touch left foot together
- 3-4 W: Step left to side, touch right together
- 1-2 M: Step left foot into LOD, turning to face partner, touch right together
- 3-4 M: Step right to side, touch left together

(Woman now facing inside LOD, man facing outside LOD, continue holding hands)

- 5-8 Vine down LOD – step side, behind, side, scuff and turn ½ turn facing outside LOD

(Partners now back to back, man facing into circle, woman facing outside)

VINE WITH SCUFF AND ¼ TURN, HIP ROLLS

- 1-4 Vine down LOD – step side, behind, side, scuff and turn ¼ facing down LOD in original position
- 5-8 Place weight on outside foot while rolling hips twice, ending with weight on inside foot

STEP SCUFFS, HIP ROLLS

- 1-4 Step forward on outside foot, scuff inside foot, step forward on inside foot, scuff outside foot
- 5-8 Place weight on outside foot while rolling hips twice, ending with weight on inside foot

REPEAT

Contact: jill@fatcityscreenprinting.com