

Dancin' In Da Sheets

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 0 級數: Advanced - Hip Hop
編舞者: Guyton Mundy (USA) & Will Craig (USA) - November 2014
音樂: Rae - Dancing in Dee's Sheets - Footloose Soundtrack



A Pattern – 48 counts

A1 [1-8] kick with hop back, ball step, step, side step with elbow hit, hitch X2, behind, together

- 1&2 Kick right foot forward as you hop back on left, step on ball of right next to left, step forward on left
- 3-4 step forward on right, take a big step out to left on left as you throw right elbow to right
- 5&6 Hitch right up slightly, lower right, hitch right up slightly
- 7 step right to right
- 8& step left behind right, step together with right.. (this is like a sailor ending feet apart on count 1 of the next set)

A2 [9-16] step out with hits, body pops with drop, shoulder pop, side step with arm wave, grab, pull

- 1&2 Step left out to left side (weight will go even) as you hit right thigh with right fist, hit left thigh with left fist, pop shoulders back as you pop chest out
- &3 pop chest back, drop slightly as you sit into both hips
- 4 pop upper body to left
- 5-6 press of left and take a big side step to right as you push left arm across the body to the right and roll arm from fingertips to elbow as you extend arm out to right (you will be on the slight angle to the right)
- 7-8 grab left hand with right, pull left hand back in front of body as you step down on left

A3 [17-24] Ball step side with arm hits, hand turn, push, pull, up, down with hands

- 1&2 Hit top of left hand with right hand, start a circle with left arm down and to the left as you bring right foot to left, step left to left side as arm finishes out circle and left hand ends up on top of right
- 3&4 extend left arm out in front bent at elbow with right hand still underneath, place right palm on back of left hand with right fingers cupped around left side of left hand, rotate left hand to right until fingers are pointing upwards while letting right hand slide inside of left cupped fingers
- 5-6 push right hand to left so the right elbow is in left hand, bring right arm to right so that it is out of left cupped hand
- 7-8 slide left hand to right elbow, turn right arm up so fingers are pointing up as you slide left hand up to the back of right hand

A4 [24-32] Walks with tuts..... (have fun with this one. If you can't walk and do it that's fine too!!!!) Or just make something up!!!!

- 1&2 turn right elbow out to right as you flatten both palms in front of chest (left over right) and step forward on left, flex left hand up as you flex right down, bring right hand to outside of left then on to the back of left hand
- &3& flex left hand down as you flex right hand up, push hands straight out in front as you turn left hand up and right hand down so fingers point forward as you hitch right knee slightly, bring back to last position as you step down on right
- 4&5 take right to right slightly as you take left to left slightly taking hands apart, bring hands back together, with right on the back of left rotate left hand up and right hand down
- &6& slide right hand to left elbow and left to right elbow making a box, flatten both hands so that right arm is laying on top of left, raise right up slightly as you drop left slightly just taking arms apart as you slightly hitch left
- 7&8 bring right back on top of left as you step down on left, bring elbows out to either side while popping shoulders back as you hitch right slightly, pop shoulders forward as you step down on right

A5 [33-40] kick, step, touch behind, box glide, kick ball touch

- 1&2 kick left forward, step down on left, touch right behind left
3-4 make a 1/4 turn to left sliding back onto right foot, make a 1/4 turn to left sliding forward on left foot
5-6 make a 1/4 turn to left, make a 1/4 turn to left sliding back on right, make a 1/4 turn to left sliding forward on right
7&8 kick right forward, step down on right, touch left to left

A6 [41-48] kick, touch, out, cross, unwind, back X2, coaster

- 1&2 kick left forward, touch left next to right, hop feet apart
3-4 cross right over left, unwind a full turn to left (weight on left)
5-6 walk back right, left
7&8 step back on right, step together with left, step forward on right

B Pattern – 48 counts**B1 [1-8] Mambo forward, mambo back, mambo left, mambo right**

- 1&2 rock forward on left, recover on right, step together with left
3&4 rock back on right, recover on left, step together with right
5&6 rock to left side on left, recover on right, cross left over right
7&8 rock to right side on right, recover on left, cross right over left

B2 [9-16] Circle weave

- 1&2 cross left over right, step back on right starting 1/4 turn left, step back on left side finishing the 1/4 turn
3&4 step right behind left, step left to left side starting 1/4 turn left, step forward on right finishing the 1/4 turn
5&6 cross left over right, step back on right starting 1/4 turn left, step back on left side finishing the 1/4 turn
7&8 step right behind left, step left to left side starting 1/4 turn left, step forward on right finishing the 1/4 turn

B3 [17-24] Press, recover and press, recover with sweep, back sweep x 2, coaster

- 1-2& press forward on left, recover on right, step together with left
3-4 press forward on right, recover on left sweeping right
5-6 step back on right sweeping left, step back on left sweeping right
7&8 step back on right, step together with left, step forward on right

B4 [25-32] Walk x 2, triple, walk, step sweep, cross back side

- 1-2 walk left, walk right
3&4 triple forward left, right, left
5-6 walk right, step forward on left sweeping right
7&8 cross right over left, step back on left, step right to right side

B5 [33-40] Cross rock, recover, triple 1/2 turn, press, recover, coaster

- 1-2 cross rock left over right, recover on right
3&4 make 1/2 triple turn over left shoulder stepping left, right, left
5-6 press forward on right, recover on left
7&8 step back on right, step together with left, step forward on right

B6 [41-48] Walk x 2, triple, walk, step sweep, cross back side

- 1-2 walk left, walk right
3&4 triple forward left, right, left
5-6 walk right, step forward on left sweeping right
7&8 cross right over left, step back on left, step right to right side

Tag.... 7&8 will go like this Cross right over left, make a 1/4 turn to right as you step back on left, make a 1/4

turn to right as you step forward on right

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