

The Woman Is Wild

COPPER KNOB
STEPPERS

拍數: 144 牆數: 2 級數: Phrased Improver
編舞者: Rex Allott (UK) - September 2020
音樂: Darry Hall & John Oates - Maneater (Extended Club Mix)



Intro- 32 beats: Sequence - AA BB AB AB AB AB

A: 80 beats

S1. R heel stomp x 3, pause, step back R,L, step fwd R,L

- 1-4. Stomp R heel x 3, pause
- 5-6. Step back R, L
- 7-8. Step forward R, L

S2. L heel stomp x 3, pause, step back L,R, step fwd L,R

- 1-4. Stomp L heel x 3, pause
- 5-6. Step back L, R
- 7-8. Step forward L, R

S3. Heel, toe swivels R x 3, pause, step back R,L, step fwd R,L

- 1-4. Twist both heels R, toes R, heels R, pause
- 5-6. Step back R, L
- 7-8. Step forward R, L

S4. Heel, toe swivels L x 3, pause, step back L R, step fwd L,R

- 1-4. Twist both heels L, toes L, heels L, pause
- 5-6. Step back L, R
- 7-8. Step forward L, R.

S5. Cross shuffle L, step back L,R, step fwd L,R

- 1-2. Step R over L, step L behind R
- 3-4. Rpt 1-2.
- 5-6. Step back L, R
- 7-8. Step forward L, R

S6. Cross shuffle R, step back R,L, step fwd R,L

- 1-2. Step L over R, step R behind L
- 3-4. Repeat 1-2
- 5-6. Step back R, L
- 7-8. Step forward R, L

S7. Cross Kick fwd, back R x 2, strut back R,L, step fwd R,L

- 1-2. Kick R diagonally forward L, swing back over L
- 3-4. Swing R forward, swing back on to toe behind L
- 5-6. Drop R heel, step L back next to R
- 7-8. Step forward R, L

S8. Cross kick fwd, back L x 2, strut back L,R, step fwd L,R

- 1-2. Kick L diagonally forward R, swing back over R
- 3-4. Swing L forward, swing back on to toe behind R
- 5-6. Drop L heel, step R back next to L
- 7-8. Step forward L, R

S9. Full walking turn R, step back R,L, step fwd R,L

- 1-4. Making a full turn R step R, L, R, L
- 5-6. Step back R, L
- 7-8. Step forward R, L

S10. Full walking turn L, step back L, R step fwd L, R

- 1-4. Making a full turn L step L, R, L, R.
- 5-6. Step back L, R
- 7-8. Step forward L, R

B. 64 beats

S1. Weave R, L cross step, return

- 1-2. Step L over R, step R to R
- 3-4. Step L behind R, step R to R
- 5-6. Step L to R, Step R behind L
- 7-8. Step L to L, pause

S2. Weave L, R cross step, return

- 1-2. Step R over L, step L to L
- 3-4. Step R behind L, step L to L
- 5-6. Step R to L, step L behind R
- 7-8. Step R to R, pause

S3. 1/2 volta turn over R

- 1-8. Turning 1/8 R, step L forward, step R toe behind L x 4

S4. Step hitch L, step L, R, step hitch R, step R, L

- 1-2. Plant R, hitch L
- 3-4. Plant L, step R next to L
- 5-6. Plant L, hitch R
- 7-8. Plant R, step L next to R

S5. Heel digs R, L, slow skate R, L

- 1-2. Tap R heel forward, return
- 3-4. Tap L heel forward, return
- 5-6. Skate R forward
- 7-8. Skate L forward

S6. Walk back R, L, R, pause, 1/2 walking turn R

- 1-4. Walk back R, L, R, pause
- 5-6. Turning 1/4 R, step R, L
- 7-8. Repeat 5-6

S7. Walk back R, L, R, pause, Elvis knees R, L

- 1-4. Walk back R, L, R, pause
- 5-6. Push R knee to L (lifting R heel), return
- 7-8. Push L knee to R (lifting L heel), return

S8. Walk forward R, L, R, pause, 1/2 walking turn R

- 1-4. Walk forward R, L, R, pause
- 5-6. Turning 1/4 R, step R, L
- 7-8. Repeat 5-6

To finish repeat B. S8. 1-4 & B. S7. 1-4

