

Just Pick Up The Phone

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: High Improver
編舞者: Adrian Lefebour (AUS) - September 2024
音樂: pick up the phone - Henry Moodie



#4 count intro from the start of the song

[1-8] Side, Rock, Recover, Side, Behind, 1/4 Turn, 1/4 Paddle Turn, Lock Shuffle Fwd

1,2& Step R to R side, Rock L back, Recover weight on R
3,4& Step L to L side, Step R behind L, 1/4 turn L step L fwd (9.00)
5,6 Step R fwd, 1/4 Paddle turn L (6.00)
7&8 Step R fwd, Step L behind R, Step R fwd

Alternative Option for counts 7&8

7&8 Step R fwd, 1/2 turn R step L back, 1/2 turn R step R fwd

[9-16] Side, Behind, Side, Cross Rock, Recover, Side, Cross, Side, Behind, Side, Cross, Sweep

1,2& Step L to L side whilst dragging R towards L, Step R behind L, Step L to L side
3,4& Cross rock R over L, Recover weight back on L, Step R to R side
5,6 Step L across R, Step R to R side
7&8& Step L behind R, Step R to R side, Step L across R, Sweep R fwd RESTART

Alternative Option for counts 5-8

5,6 Step L across R, 1/4 turn L step R back
7&8& 3 1/4 Shuffle – 1/2 turn L step L fwd, Step R next to L, 1/4 turn L step L fwd, Sweep R fwd

[17-24] Step Across, Back, Back, Step Across, Back, 1/4 Turn, Walk x2, Mambo Step

1,2& Step R across L, Step L back, Step R back
3,4& Step L across R, Step R back, 1/4 L step L fwd (3.00)
5,6 Step R fwd, Step L fwd
7&8 Rock R fwd, Recover weight on L, Step R back

[25-32] Rock Back, Recover, 1/2 Diamond Step, Rock fwd, Recover, 3/8 Turn

1,2 Rock L back, Recover weight fwd on R
3&4 Step L fwd, step R to R side, turn 1/8 L stepping L back (1.30)
5&6 Step R back, turn 1/8 L stepping L to L side, turn 1/8 L stepping R fwd (10.30)
7,8& Rock L fwd, Recover weight back on R turning 3/8 L, Step L fwd (6.00)

Start Again!

RESTARTs:

Wall 2 – Start the dance at 6 o'clock wall, dance to count 16 – leave the sweep out and restart the dance at 12 o'clock wall.

Wall 5 – Start the dance at 12 o'clock wall, dance to count 16 – leave the sweep out and restart the dance at 6 o'clock wall.

ENDING: On wall 8, dance to count 16 to finish the dance at the front wall.