

Steppin Is Sharin'

COPPER KNOB
STEPPERS

拍數: 152 牆數: 1 級數: Intermediate
編舞者: Bonnie Berns (USA) - March 2025
音樂: Share My Life - Kem
或: 3T BROTHERHOOD DUET WITH MICHAEL JACKSON



This line dance develops Chicago steppin follower techniques and muscle memories. While the best way to learn Chicago Steppin is in person with a master teacher and through practice with a skilled partner, this dance gives followers who are waiting to dance with a partner a fun way to move to the music and work on their technical skills and style (see NOTES below). This is a led dance so followers will be led to make all the moves below when dancing with a partner. Dance starts after the drum downbeat as Kem starts singing "if it makes any difference...". He starts singing on the upbeat and that is when the first step should be taken.

PART 1: 40 COUNTS "BASIC"

THE BASIC ENDING WITH QUARTER LEFT TURN TO DANCE ALL 4 WALLS

- 1 2 3 Rock up on left foot, recover on right foot, step back on left foot about an inch behind right foot
- 4 5 6 Rock up on right foot, recover on left foot, step back on right foot about an inch behind left foot
- 7 8 Step on left foot next to/even with right foot, step forward on right foot making quarter left turn

REPEAT THE BASIC THREE MORE TIMES TO END AT FRONT WALL

TAG FOR PART 1 - WALK IN PLACE

- 1 – 8 Walk in place LRLRLRLR

PART 2: 40 COUNTS CHORUS "LEFT HALF TURN, SIDE STEPS"

THE LEFT HALF TURN / RETURN HOME RIGHT TURN

- 1 2 3 Walk forward on left foot pivoting half left, step on right foot next to left, step left next to right
- 4 5 6 Walk forward on right foot pivoting half right, step on left foot in home position, step right back
- 7 8 Step left even with right, step forward on right

REPEAT THE ABOVE 8 STEPS THREE MORE TIMES

TAG FOR PART 2 - SIDE STEPS

- 1&2& Step to left, touch right to left, step to right, touch left to right
- 3&4& Repeat steps 1-2 above
- 5 – 8 Repeat steps 1-4 above

#2ND VERSE - REPEAT PART 1 THEN PART 3

PART 3: 40 COUNTS "LEFT WHOLE TURN"

THE LEFT WHOLE TURN

- 1 2 3 Walk forward on left foot pivoting half left, step on right foot next to left, step left next to right
- 4 5 6 Continue turning left stepping on right foot returning home, step left in home position, step right back
- 7 8 Step left even with right, step forward on right

REPEAT THE ABOVE 8 STEPS THREE MORE TIMES

REPEAT PART 2

#3rd VERSE – REPEAT PART 1 THEN PART 4

PART 4: 32 COUNTS "STEPPIN QUARTER TURNS"

STEPPIN QUARTER TURNS

1 2 3 Step forward on left, make quarter turn left to step "off the track" on right foot, step back on left
4 5 6 Step on right foot facing home, make quarter right turn to step on left foot back at home, step back on right
7 8 Step left back even with right, step forward on right

REPEAT THE ABOVE 8 STEPS THREE MORE TIMES

REPEAT PART 1 - END OF DANCE

STYLE NOTES

ARMS Keep arms loose and up at waist level, moving gently to the music except when compression is needed to preserve connection with partner such as when rocking back on right foot. In that case, keep arms fixed so elbows don't go behind body.

ALL TURNS Do not rush them, all steps smooth without hesitating.

FORWARD ROCKS When you rock up, let your weight shift to your front foot like it would when you are walking normally.

THE BEAT

Listen to the music to hear the UP beat. Counting 123 begins on an up beat, followed by 456 on the following up beat, and 78 on the following up beat. Repeat.

STARTER STEP

The leader will tap the up beat on the follower's hand and when the leader senses the follower has the same beat, will start to count 1, 2, 3 at which time the couple leans forward bouncing a little to this beat. The leader then counts 4, 5, 6 and the couple leans back a little bouncing to this beat. For 7 8 the follower steps back on left, then back on right and waits for new lead.

INFORMATIVE VIDEOS

THE ORIGINS OF STEPPIN
URBAN BALLROOM CHICAGO STEP LESSON
LADIES BASIC INSTRUCTION CHICAGO STYLE STEPPIN
