

Black or White 2025

COPPER KNOB
STEPSHEETS

拍數: 56 牆數: 4 級數: Improver
編舞者: Lietha Monita (INA) - July 2025
音樂: Michael Jackson - Black or White (Official Video - Shortened Version)



Start dance on vocal

No Tag

2 Restart :

On wall 3 after 52 counts

On wall 4 after 32 counts

SEC 1 : SIDE ROCK – RECOVER – BEHIND SIDE CROSS – (R,L)

1 2 Rock R to right side, Recover on L
3&4 Cross R behind L, Step L to left side, Cross R over L
5 6 Rock L to left side, Recover on R
7&8 Cross L behind R, Step R to right side, Cross L over R

SEC 2 : KICK BALL STEP (2X) – ROCK FORWARD – RECOVER – BACK SHUFFLE

1&2 Kick R forward, Close R together L, Step L forward
3&4 Repeat
5 6 Rock R forward, Recover on L
7&8 Step R back, Close L together R, Step R back

SEC 3 : STEP BACK, HOLD (L,R) – MOON WALK L R L R (Michael Jackson Style)

1 2 Step L back while pop R knee, hold
3 4 Step R back while pop L knee, hold
5 6 Step L back while pop R knee, Step R back while pop L knee
7 8 Repeat

SEC 4 : COASTER STEP – WALK FORWARD – PIVOT ½ TURN LEFT – WALK FORWARD

1&2 Step L back, Close R together L, Step L forward
3 4 Step forward on R, L
5 6 Step R forward, ½ turn left L in place
7 8 Step forward on R, L

SEC 5 : PADDLE ¼ TURN TO LEFT (3X) – BACK ROCK – RECOVER

1 2 Step R forward, ¼ turn left L in place
3 4 Repeat
5 6 Repeat
7 8 Rock R back, Recover on L

SEC 6 : LINDY STEP – (R,L)

1&2 Step R to right side, Close L together R, Step R to right side
3 4 Rock L back, Recover on R
5&6 Step L to left side, Close R together L, Step L to left side
7 8 Rock R back, Recover on L

SEC 7 : SLIDE – DRAG – POP KNEE TWICE – (R,L)

1 2 Slide R to right side, Drag L in to R
3 4 Pop both knees twice
5 6 Slide L to left side, Drag R in to L
7 8 Pop both knees twice

Enjoy the Dance

Last Update: 6 Jul 2025
