

Mission Impossible

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Advanced
編舞者: Holly Susan (Boots) Groeschel (USA)
音樂: Heart's Desire - Lee Roy Parnell



SIDE-BALL-CLOSE, SIDE-BALL-CLOSE

- 1 Step to right side with right foot, lifting left knee
- & Step in original place with left foot
- 2 Step together with right foot next to left foot
- 3 Step to left side with left foot, lifting right knee
- & Step in original place with right foot
- 4 Step together with left foot next to right foot

POINT & POINT &, LOCK, FULL TURN

- 5 Point right toe to right side
- & Place right foot next to left foot
- 6 Point left toe to left side
- & Place left foot next to right foot
- 7 Sweep/lock right foot behind left foot
- 8 Pivot 1 full turn right on balls of both feet

ROGER RABBITS (BACKWARDS SWEEPS)

- & Lift right foot slightly, scoot forward on left foot
- 9 Lock/step behind left foot with right foot
- & Lift left foot slightly, scoot forward on right foot
- 10 Lock/step behind right foot with left foot
- & Lift right foot slightly, scoot forward on left foot
- 11 Lock/step behind left foot with right foot
- & Rock forward onto left foot (feet still crossed)
- 12 Rock back onto right foot

REVERSE ½ PIVOT, SCUFF-HOP/ ½ TURN, STEP

- 13 Step back with left foot
- 14 Pivot ½ turn left on ball of left foot
- 15 Scuff right heel forward and up
- & Hop ½ turn left onto right foot, lifting left knee
- 16 Step in place with left foot

RUNNING MAN

Use of arms, in a running fashion, are acceptable during vanillas

- & Transfer onto right foot
- 17 Slide left toe back
- & Pull left knee forward and up
- 18 Step down with left foot, sliding right toe backwards
- & Pull right knee forward and up
- 19 Step down with right foot, sliding left toe backwards
- & Pull left knee forward and up
- 20 Step down with left foot, sliding right toe back
- & Step together with right foot

SPLIT SWIVELS: RIGHT AND LEFT

- 21 Place weight on ball of left foot & heel of right foot, swivel right toe to right and left heel to left.
- & Swivel both feet back to center
- 22 Place weight on ball of left foot & heel of right foot, swivel right toe to right and left heel to left.
- & Swivel both feet back to center
- 23 Place weight on ball of right foot & heel of left foot, swivel left toe to left and right heel to right.
- & Swivel both feet back to center
- 24 Place weight on ball of right foot & heel of left foot, swivel left toe to left and right heel to right.
- & Swivel both feet back to center

HEEL-DROP, SLIDE-BALL-STEP, TOGETHER

- 25 Step diagonally right with right heel and toe weight to right foot. (right foot pointed at 45 degrees.)
- & Slide instep of left foot next to heel of right foot
- 26 Place ball of right foot next to left instep
- 27 Step to left side with left foot
- 28 Slide right foot next to left foot (right toe pointed forward.)

STOMP, TOES: UP-DOWN, SIDE, TOGETHER

- 29 Stomp (down) with right heel next to ball of left foot and right toe pointed diagonally right (45 degrees.)
- & Lift toes of both feet up and outward (heel stand)
- 30 Drop toes back to original (step 29) floor locations.
- 31 Touch left toe to left side
- 32 Place toe of left foot next to heel of right foot

STEP BACK/ SHOULDER ROLLS, TOES; UP-DOWN

- 33 Step back slightly with right foot and roll right shoulder**
- 34 Step back slightly with left foot and roll left shoulder**
- 35 Step back slightly with right foot and roll right shoulder**
- & Lift toes of both feet up and outward (heel stand)
- 36 Drop toes back to floor

**** Lift shoulder up, move it back, drop it down, then move it forward**

FORWARD TOE STRUTS, STEP APART

- 37 Step, forward slightly with right toe
- & Drop right heel
- 38 Step forward slightly with left toe
- & Drop left heel
- 39 Step, forward slightly with right toe
- & Drop right heel
- 40 Step slightly apart with left foot (shoulder width)

POINT & POINT, ½ LEFT KNEE CHASE

- 41 Point right toe into left instep
- & Step in place with right foot (toe pointed forward)
- 42 Point left toe into right instep
- & Start left ½ chase turn: roll left knee outward, rotating on ball of left foot
- 43 Chase left knee with right knee (roll knee inward) completing ½ turn
- 44 Hold with weight on right foot

KICK-BALL-CHANGE, SLOW KNEE CHASE

- 45 Kick left foot forward
- & Step in place with ball of left foot
- 46 Step in place with right foot

- 47 Roll left knee outward $\frac{1}{4}$ turn (slow knee chase)
- 48 Roll right knee inward $\frac{1}{4}$ turn

REPEAT
