

Off To The Races

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Michael Barr (USA)
音樂: Bring It On Down To My House - Ray Benson



STOMP, SIDE, BEHIND, ¼ TURN LEFT -- STOMP, SIDE, BEHIND, SIDE

- 1-2 Stomp left heel up, step left foot side left
- 3-4 Cross-step right foot behind left, step left foot forward into ¼ turn left (facing 9:00)
- 5-6 Stomp right heel up, step right foot side right
- 7-8 Cross-step left foot behind right, step right foot side right
- 9-16 Repeat 1-8 (end facing 6:00)

STOMP, STEP, STOMP, STEP -- REPEAT

- 17-18 Stomp left heel up next to right toe, return left foot side left (shoulder width apart)
- 19-20 Stomp right heel up next to left toe, return right foot to center (shoulder width apart)
- 21-24 Repeat counts 17-20

KICK, STEP, KICK, STEP -- STEP, KICK, STEP, STEP

- 25-26 Kick left foot forward at right diagonal, return left foot to center
- 27-28 Step right foot in place, kick left foot forward at right diagonal
- 29-30 Return left foot to center, kick right foot forward at left diagonal
- 31-32 Return right foot to center, step left foot in place

STOMP, STEP, STOMP, STEP -- STOMP FORWARD, BRUSH, BACK, TOGETHER

- 33-34 Stomp right heel up next to left toe, return right foot side right (shoulder width)
- 35-36 Stomp left heel up next to right toe, return left foot to center (shoulder width)
- 37-38 Stomp right foot lightly & slightly forward, brush left ball of foot slightly forward
- 39-40 Step left back onto ball of foot, step right next to left onto ball of foot

STOMP, BRUSH, STEP, STOMP -- BRUSH, ¼ PIVOT, STEP ¼ LEFT, STEP ¼ LEFT

- 41-42 Stomp left foot down slightly & slightly forward, brush right ball of foot forward
- 43-44 Step slightly back of left heel onto ball of right, stomp left foot down lightly in place
- 45-46 Brush right ball of foot forward, step ball of right foot slightly forward into ¼ pivot left on ball of left
- 47-48 Step left ¼ turn left in place, stomp right foot lightly forward into ¼ turn left lifting left heel off floor

After stomping lightly onto left foot for count 44, the left foot does not have to move off the floor except to lift the heel of the pivot steps. Counts 46-48 executes a tight ¾ turn to the left facing 9:00

BRUSH, BACK, TOGETHER, STOMP -- BRUSH, STEP, STOMP, BRUSH

Counts 50, 51, and 52 resemble a coaster step with a whole count instead of an '&' count

- 49-50 Brush ball of left foot forward, step left foot back
- 51-52 Step right foot back next to left, stomp left foot down lightly & slightly forward
- 53-54 Brush ball of right foot forward, step ball of right foot next to left
- 55-56 Stomp left foot down lightly in place, brush ball of right foot forward

ROCK, RETURN, BACK, STEP TOGETHER -- FORWARD, LOCK, FORWARD, STOMP

Counts 59 and 60 are best done on the balls of the feet. By stepping forward on count 61, counts 59-61 resemble a coaster step

- 57-58 Rock forward onto right foot, return onto left in place
- 59-60 Step back onto ball of f, step ball of left foot next to right (you will be stepping back)

- 61-62 Step right forward, step left foot forward crossing behind right foot (bend both knees-pop right forward)
- 63-64 Step right forward, stomp left heel up in place

REPEAT

This dance has a stomp that happens at the end and the beginning of each full pattern (count 64 and count 1). The song "Sittin' On Go" will end on count 1 of the 8th pattern. This works out nice with a double stomp at the end of the song. The light stomps in the dance are for the sound they make and for balance. Keeping them light makes the steps flow better and really helps with balance
