

Rowdy

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2
編舞者: Robin Madeley (UK)
音樂: Showdown - Jody Lei



SWITCH (RIGHT) & SWITCH (LEFT) & CROSS UNWIND (TO THE LEFT), KICK & SIDE, STRONGMAN

- 1&2 Point right toe to right side; replace right foot next to left; point left toe to left side
&3 Replace left foot next to right; cross right over left (preparing to 'unwind' to the left)
4 Unwind a $\frac{3}{4}$ turn to the left (transferring weight to left foot)
5&6 Kick right foot forward; replace right foot next to left; step left to left side (weight on both feet)

Optional head movement on count 6 turn your head to look $\frac{1}{4}$ turn to the left (you should be looking at the 12:00 wall)

- 7-8 Pop both knees 'out, out' (goes in time with the word "row-dy" in the chorus)

Optional movement on count 7&8 the 'strongman' pose/movement: on count 7 raise your arms like this: Upper arms are out to your sides and are parallel with the ground (forming a 'T' shape with your body). Lower arms, however, are pointed at the ground still, and remain parallel with your own body. The overall effect is to make it look a bit like a 'strongman' pose. Hands are flat, with fingers together and pointing at the ground. The palms of your hands face backwards, and the backs of your hands face forward. The actual movement is much simpler than the pose! On counts 7&8, you simply lift your shoulders up, down, up, at the same time as the knee pops. Its even better if you nod your head at the same time

CROSS-ROCK, & CROSS TURN, SAILOR STEP, HOLD, TWIST-TWIST

- 9&10 Cross right over left; rock back onto left foot
&11-12 Step right foot down next to left; step left over right foot; make a $\frac{1}{4}$ turn to the left stepping back onto right foot (now facing 12:00 wall again)
13&14 (A left 'sailor step') step left foot slightly behind right; replace weight on right foot; step left to left side
15 Hold
&16 Twist both heels to the left; twist heels back to center

& CROSS, ROCK-AND-CROSS, KICK, ROCK, TURN, STEP, HEEL

- & Use this count to transfer all your weight to your left foot
17 Cross right foot over left
18&19 (Left 'rock & cross') step left to left side; rock to right side; cross left over right
20 Kick right foot out to right side (you can lean your upper body to the left for a bit of extra style)
21-22 Rock back on your right foot; rock forward on your left making a $\frac{1}{4}$ turn to the right
23-24 Step forward on your right foot (walk); tap left heel forward

Optional arm movements 23-24 raise the roof: arms above your head, palms facing upward, push your hands: up, up

& POINT, HOLD, & COASTER STEP, STEP $\frac{3}{4}$, SLIDE, TOGETHER

- &25 Step left next to right; point right toe forward (lean upper body back)
26 Hold
&27&28 (& Coaster step) step right next to left; step left foot back; step right foot next to left; step left foot forward

Alternative &27-28 if the coaster step is a little quick for you, just replace right next to left; kick left foot back; step forward on left foot

- 29-30 Step forward on right foot; pivot a $\frac{3}{4}$ turn to the left (weight now on left foot, facing 6:00 wall)
31-32 Make a large step to the right side; slide left next to right foot (weight now on left)

REPEAT

TAG

Facing the back wall at the end of walls one and three; dance the following

SIDE-STRUT, CROSS STRUT, ROCK, ROCK, BEHIND, POINT &

- 1-2 (Side-strut) step right toe to right side; drop right heel (click fingers)
 - 2-4 (Cross-strut) step left toe across right; drop left heel (click fingers)
 - 5-6 Rock right foot to right side, rock back onto left foot
 - 7-8 Step right foot behind left; point left to left side
 - & Replace left foot next to right foot, ready to carry on with the switches at the start of the dance
-