

Steppin' Stone

COPPER KNOB
STEPPERS

拍數: 0 牆數: 0 級數:
編舞者: Renate Gazzola (USA)
音樂: Steppin' Stone - The Monkees



Sequence: AABAB

PART A

HEEL SWITCHES, TOE SWITCHES, HEEL DROPS

- 1 Touch (right) heel forward
- 2 Touch (left) heel forward stomp (right) foot next to (left)
- 3 Touch (right) toe to (right) side
- &5-6 Step (left) next to (right), (right) toe forward and drop heel
- 7-8 (Left) toe forward and drop heel

RIGHT ROCK RECOVER, COASTER STEP RIGHT, STEP PIVOT, SHUFFLE LEFT

- 9-10 Step (right) forward and recover weight to (left)
- 11&12 (Right) coaster step stepping (right) foot back, (left) foot back, (right) foot forward 13-14 step (left) foot forward and pivot ½ turn to (right)
- 15&16 Shuffle forward (left), (right), (left)
- 17-24 Repeat 1-8

RIGHT ROCK RECOVER, COASTER STEP, STEP ¼ TURN, CROSSING SHUFFLE

- 25-26 Step (right) forward and recover (left)
- 27&28 (Right) coaster step (right), (left), (right)
- 29-30 Step (left) forward and turn ¼ (right) switching weight to (right)
- 31&32 Cross (left) over (right), small step (right) with (right) foot, step (left) foot across in front of (right)

RIGHT SHUFFLE SIDE, ROCK RECOVER, LEFT SHUFFLE SIDE, ROCK RECOVER

- 33&34 Shuffle to the (right), (right)(left)(right)
- 35-36 Rock back on (left) and recover weight to (right)
- 36&38 Shuffle to the (left), (left) (right) (left)
- 39-40 Rock back on (right) and recover weight to (left)

BALL CHANGE STEP (RIGHT) SNAP FINGERS, BALL CHANGE STEP (RIGHT) SNAP FINGERS, ROCK RECOVER, SHUFFLE BACK (LEFT)

- 41-42 Step (right) forward, hold position and snap fingers
- &43-44 Step (left) behind (right), walk forward on (right) snap fingers
- 45-46 Rock forward on (left), recover (right)
- 47&48 Shuffle back (left), (right), (left)

ROCK RIGHT FOOT BACK, RECOVER, SHUFFLE FORWARD, STEP PIVOT ½ TURN RIGHT, SHUFFLE TURN RIGHT

- 49-50 Rock back on (right), recover weight on (left)
- 51&52 Shuffle forward (right), (left) (right)
- 53-54 Step forward (left), pivot ½ turn (right) with weight on (right)
- 55&56 Shuffle forward while turning ½ to the right, (left)(right)(left)

ROCK RECOVER, STEP HIP, HIPS

- 57-58 Rock (right) foot back, recover weight on forward (left) foot

59-60	Step (right) next to (left) leaving the weight on the (left) hip
61-62	Bump (right) hip out, bump (left) hip out
63&64&	Bump hips (right), (left), (right), (left)

PART B (AT THE DRUMS)

4 SWIM MOVEMENTS WITH ARMS WHILE BOUNCING ON HIPS

1-2	Forward swim movement with (right) arm while bouncing twice on (left) hip
3-4	Forward swim movement with (left) arm while bouncing twice on (right) hip
5-8	Repeat 1-4
9-56	Repeat 17-64 of Part A
