

Third Rock From The Sun

COPPER KNOB
STEPPSHEETS

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Norma Adams (USA)
音樂: Third Rock from the Sun - Joe Diffie



Dedicated to my teacher, Marsha Bailey

2 SYNCOPATED HOPS TO THE RIGHT, STEP ON THE RIGHT FOOT FOR COUNT 3, HITCH YOUR LEFT FOOT BEHIND YOUR RIGHT LEG ON COUNT 4, VINE TO THE LEFT

1&2& Begin on the right foot. Do 2 syncopated hops to the right (right, left, right, left).
3 Step on your right foot
4 Hitch your left foot(on an angle) behind your right leg
5-8 Vine to the left

STEP FORWARD ON YOUR RIGHT FOOT AND QUARTER TURN TO THE LEFT, 2 SYNCOPATED HOPS TO THE RIGHT, STEP ON THE RIGHT FOOT, HITCH YOUR LEFT FOOT BEHIND YOUR RIGHT LEG, STEP ON YOUR LEFT FOOT AND HITCH YOUR RIGHT FOOT BEHIND YOUR LEFT LEG

9-10 Step forward on your right foot and quarter turn to the left
11&12& Begin on the right foot. Do 2 syncopated hops to the right (right, left, right, left)
13 Step on your right foot
14 Hitch your left foot behind your right leg
15 Step on your left foot
16 Hitch your right foot behind your left leg

ROCK STEP FORWARD ON THE RIGHT AND RECOVER ON THE LEFT, SAILOR STEP, STEP FORWARD ON LEFT FOOT TURNING ½ TO THE RIGHT AS YOU HITCH YOUR RIGHT FOOT ON AN ANGLE IN FRONT OF YOUR LEFT KNEE, SHUFFLE FORWARD RIGHT, LEFT, RIGHT

17-18 Rock forward on the right foot and recover on the left
19-20 Sailor step - right, left, right
21-22 Step forward on your left foot turning ½ to the right as you hitch your right foot on an angle in front of your left knee
23-24 Shuffle forward right, left, right

STEP FORWARD ON THE LEFT FOOT AND BUMP YOUR LEFT HIP 2 TIMES, STEP FORWARD ON THE RIGHT FOOT AND BUMP YOUR RIGHT HIP 2 TIMES, STEP FORWARD ON LEFT FOOT TURNING ½ TO THE RIGHT AS YOU HITCH YOUR RIGHT FOOT ON AN ANGLE IN FRONT OF THE LEFT KNEE, ROCK FORWARD ON THE RIGHT FOOT AND RECOVER ON LEFT

25-26 Step forward on the left foot and bump your left hip 2 times
27-28 Step forward on the right foot and bump your right hip 2 times
29-30 Step forward on the left foot turning ½ to the right as you hitch your right foot on an angle in front of the left knee
31-32 Rock forward on the right foot and recover on the left

LINDY STEP TO THE RIGHT (SHUFFLE RIGHT, LEFT, RIGHT AND ROCK BACK ON LEFT RECOVER ON RIGHT) LINDY STEP TO THE LEFT (SHUFFLE LEFT, RIGHT, LEFT AND ROCK BACK ON THE RIGHT RECOVER ON THE LEFT)

33-36 Lindy step to the right (shuffle right, left, right and rock back on the left foot recover on the right)
37-40 Lindy step to the left (shuffle left, right, left and rock back on the right foot recover on the left)

ROCK FORWARD ON THE RIGHT (SLIGHT ANGLE TO THE RIGHT) RECOVER LEFT, ROCK FORWARD ON THE RIGHT (SLIGHT ANGLE TO THE RIGHT) RECOVER LEFT, JAZZ BOX (2 BEATS OF IT) STARTING WITH THE RIGHT FOOT FOLLOWED BY A TRIPLE STEP (RIGHT, LEFT, RIGHT) ON BEATS 3 AND 4 OF THE BOX. ROCK FORWARD ON THE LEFT (SLIGHT ANGLE TO THE LEFT) RECOVER RIGHT, ROCK FORWARD ON THE LEFT (SLIGHT ANGLE TO THE LEFT) RECOVER RIGHT, JAZZ BOX (2 BEATS OF IT) STARTING WITH THE LEFT FOOT FOLLOWED BY A TRIPLE STEP (LEFT, RIGHT, LEFT) ON BEATS 3 AND 4

41-42	Rock forward on the right foot (slight angle to the right) recover left. (sway)
43-44	Rock forward on the right foot (slight angle to the right) recover left. (sway)
45-48	Jazz box (2 beats of it) starting with the right foot then a triple step (right, left, right) on beats 3 and 4 of the box.
49-50	Rock forward on the left foot (slight angle to the left) recover right. (sway)
51-52	Rock forward on the left foot (slight angle to the left) recover right. (sway)
53-56	Jazz box (2 beats of it) starting with the left foot then a triple step (left, right, left) on beats 3 and 4 of the box

REPEAT

TAG

On the third wall, do only one rock forward and back step on the left foot before the jazz box. This is near the end of the dance
