

Vertical Expressions

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver mixed rhythm
編舞者: Laurel Curtiss (USA)
音樂: The Vertical Expression (Of Horizontal Desire) - The Bellamy Brothers



SKATE STEPS, SHUFFLE, SKATE STEPS, SHUFFLE

- 1 On the ball of the left foot, pivot slightly right as you step forward onto right foot
- 2 On the ball of the right foot, pivot slightly left as you step forward onto left foot
- 3&4 Angle right as you step forward onto right foot, left foot step forward next to right foot, right foot step forward
- 5 On the ball of the right foot, pivot slightly left as you step forward onto left foot
- 6 On the ball of the left foot, pivot slightly right as you step forward onto right foot
- 7&8 Angle left as you step forward onto left foot, right foot step forward and next to left foot, left foot step forward

ROCK-RECOVER, TRIPLE ½ RIGHT, ½ TURN RIGHT, SHUFFLE FORWARD

As you execute the following 1-2 steps, straighten body to face wall one

- 1-2 Right foot step forward, rock-recover onto left foot
- 3&4 Triple-right, left, right, as you turn ½ turn to the right, weight ending on right foot
- 5-6 Left foot step forward, pivot on ball of left foot as you turn ½ turn to the right, stepping down with weight onto right foot
- 7&8 Shuffle forward- left, right, left

ROCK-RECOVER, JAZZ BOX WITH ¼ RIGHT TURN

- 1-2 Right foot step forward, rock-recover onto left foot
- 3-4 Right foot step back, rock-recover onto left foot
- 5-6 Right foot cross over left foot, left foot step back as you begin to turn ¼ right
- 7-8 Right foot step side right as you complete ¼ right turn, left foot touch next to right foot

VINE LEFT, TOUCH RIGHT, FULL TURN RIGHT STEP LEFT

- 1-2 Left foot step side left, right foot step left crossing behind left foot
- 3-4 Left foot step side left, right foot touch next to left foot
- 5-8 Rolling vine traveling right as you step and turn full turn - right, left, right, step left with weight

Optional:

- 5-6 Right foot step ¼ right, pivot on ball of right foot as you turn ½ right, stepping back on left
- 7-8 Pivot on ball of left foot as you turn ¼ right, rock weight onto left foot

REPEAT