

Ice Tea

COPPER KNOB
STEPSHEETS

拍數: 56
編舞者: Abby Mina (CAN)
音樂: Rasputin - Boney M.

牆數: 4

級數: Intermediate/Advanced



¼ TURN BODY TO RIGHT, SIDE STEPS TO LEFT & RIGHT WITH TOUCHES AND LEFT AND RIGHT FINGER SNAPS (2XS)

- 1 Make a ¼ to right facing 3:00 clock wall while stepping left foot to left side
- 2 Touch right toe beside left foot while snapping left finger at the same time
- 3 Step right foot to right side
- 4 Touch left toe beside right foot while snapping right finger at the same time
- 5-8 Repeating steps 1-4

On count 5, no ¼ turn to right but just step left foot to left side as step 1

DOUBLE SIDESTEP WITH RIGHT TOE TOUCH(RIGHT ARM SWING WITH FINGER SNAP); HIP BUMPS FRONT, BACK & FRONT; RIGHT LEFT RIGHT SHOULDER PUMPS

- 1 Step left foot to left side
- 2 Close step right foot beside left foot as you begin to scoop the right arm up slowly moving to the right toward chest level
- 3 Step left foot to left side while swinging right arm down and out to right side to the left shoulder height
- 4 Touch right toe to right side and finger snap with right fingers at the same time
- 5&6 Recover weight onto right foot with both knees slightly bend while pumping hips forward, back, forward and right hand place in front of forehead with palm facing front and moving to right side (like wiping the sweat off your forehead)
- 7&8 Rock back weight to left, right & left as you slowly move to left side with left knee slightly bend while doing a shoulder pump up left (down right), up right (down left), up left (down right)

BACK STEP, KICK, BACK STEP, KICK & BACK STEP; RIGHT ARM CIRCLE TO THE RIGHT FROM FRONT TO BACK HITTING RIGHT BUN & HIP PUMPS FRONT, BACK & FRONT

- 1 Make a ¼ turn body to left while stepping back on right foot
- 2 Kick left foot to front while raising right arm extended upward vertically & left arm extended sideways horizontally to left (3rd ballet arm position)
- 3 Step back on left foot
- 4 Kick right foot to front while raising right arm extended upward vertically & left arm extended sideways horizontally to left (3rd ballet arm position)
- 5 Step back on right foot with left knee bend slightly
- 6 Swinging right arm from front to back in circular to the right direction hitting right bun while placing left hand on left thigh (like a picture taking poise)
- 7&8 Hips pump front, back and front

¼ TURN BODY TO RIGHT, WALK RIGHT LEFT RIGHT, ½ PIVOT TO LEFT, RECOVER RIGHT, CROSSOVER TOE HEEL STRUT WITH LEFT AND RIGHT FINGER CLICKS

- 1 Make a ¼ turn to right as you step forward with right foot
- 2 Step forward on left foot
- 3 Step forward on right foot
- 4 Turning ½ turn pivot to left as you rock recover weight to left foot
- 5 Turn body slight facing diagonal to left as you cross step touch right foot over left foot with left arm to left side bend from elbow ready to do finger snap
- 6 Drop right heel down while snapping left finger
- 7 Touch left toe pointing to left side while body still facing diagonal to left with right arm to right side bend from elbow ready to do finger snap

¼ TURN BODY TO RIGHT STEP RIGHT FOOT FORWARD; KICK LEFT FOOT (LEFT ARM EXTENDED TO LEFT SIDE & RIGHT ARM EXTENDED UPWARD (3RD BALLET ARM POS.); STEP DOWN LEFT FOOT & STEP FORWARD RIGHT FOOT; ½ TURN BODY TO LEFT, RECOVER WEIGHT. TO LEFT, STEP RIGHT FOOT TO LEFT; JAZZ SPLIT LEFT AND RIGHT, STEP LEFT TO CENTER & TOUCH RIGHT TOE BESIDE LEFT FOOT

- 1 ¼ body to right as you step right foot forward with both knees bend preparing for a high kick on left foot
- 2 Kick left foot up and high with 3rd arm ballet position
- 3 Step down left foot in place
- 4 Step forward on right foot
- 5 ½ turn pivot body to left and recover weight onto left foot
- 6 Step right foot beside left foot and transfer weight onto right foot
- &7&8 Step left foot to left side (&), step right foot to right side (7) with both arms extended upward and away from each other (jazz v), step left foot back to center and step touch right toe beside left (8) with right arm bend from elbow in front of body lower abdominal and left arm tuck behind lower back bend also from elbow

PADDLE TURN ¾ TURN TO LEFT ON LEFT STANDING LEG WITH ARMS CIRCLE OVER HEAD; LATIN JAZZ CROSSOVER ROCK STEPS LEFT AND RIGHT WITH BODY TURNING TO RIGHT & LEFT

- 1&2&3&4 Keeping weight on left leg, paddle turn to left with right foot pointing and hitching right knee up making ¾ turn to left and stepping left foot to left side with both arms making a circle to the left over your head
- 5&6 Cross rock left foot over right foot, rock weight back to right & then transfer weight back to left foot with right elbow bend from arm just above waistline with palm facing front on right side of the body and left hand holding left hip (body facing right diagonal corner)
- 7&8 Cross rock right foot over left foot, rock weight back to left & then transfer weight back to right foot with left elbow bend from arm just above waistline with palm facing front on left side of the body and right hand holding right hip (body facing left diagonal corner)

SYNCOPATED MAMBO BREAKS; LEFT FOOT SHUFFLE FORWARD; ¼ TURN BODY TO LEFT (PREP FOR THE 3 STEPS TURN TO RIGHT); 3 STEPS TURN TO RIGHT

- 1&2 Step left foot forward, rock weight to right foot and step back left foot
- &3&4 Rock weight back to right foot, step forward left foot, close step right foot beside left foot and step left foot forward
- 5-6 Step back onto right foot and then make ¼ body to left as you take a side step to left with left foot
- 7&8 ¼ body to right while stepping to right foot, ¼ body to right while stepping left foot to left side and make a ½ turn to right as you bring your right leg around and step right foot to right side

Be ready to make another ¼ to right as you start back on count 1 facing 2nd wall

REPEAT
