

Hangin' On

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Gloria Johnson (USA)
音樂: You Keep Me Hangin' On (Classic Paradise Mix) - Reba McEntire



JAZZ BOX, SCUFF LEFT

- 1-2 Step right across left; step back on left
- 3-4 Step right to right; scuff left beside right

STEP, SLIDE, STEP, SCUFF

- 5-6 Step forward on left; slide right next to left
- 7-8 Step forward on left; scuff right forward

JAZZ BOX WITH RIGHT HALF TURN

- 9-10 Step right across left; step back on left
- 11 Swing-step right ½ turn to right placing weight on right foot
- 12 Scuff left forward

MONTEREY SPINS

- 13 Cross-step left over right
- 14 Touch right toe to right side
- 15-16 Swing-step right ½ turn to right placing weight on right foot
- 16 Touch left toe to left side

- 17-20 REPEAT STEPS 13-16

BACK SHUFFLES

Roll your shoulders to the left on steps 21-22 and 25-26, and to the right on 23-24 and 27-28 as if you were doing a backstroke in the swimming pool - Remember the 60's dance called The Swim?

- 21&22 Shuffle back on left, right, left
- 23&24 Shuffle back on right, left, right
- 25&26 Shuffle back on left, right, left
- 27&28 Shuffle back on right, left, right

STEP, SLIDE, STEP, SLIDE

- 29-30 Step forward on left; slide right next to left
- 31-32 Step forward on left; slide right next to left

LONG STEP LEFT

- 33 Hop-step onto left to left side with a long step (3 feet plus) and extend right arm out to right at the same time
- 34-36 Slide right next to left using three beats of music sweeping right arm down and across in front of body

LONG STEP RIGHT

- 37 Hop-step onto right to right side with a long step (3 feet plus) and extend left arm out to the left at the same time
- 38-40 Slide left next to right using three beats of music sweeping left arm down and across in front of body

LEFT HEEL TAP AND ARM SWEEP

- 41 Place left foot slightly ahead of right at 11:00 o'clock (keep weight on right foot, touch toe of left foot first, then drop heel) and extend left arm straight out in front with palm facing front and fingers upraised (pointed up)
- 42-44 Tap left heel three more times as you sweep left arm across and to the left (turn head to the left as you sweep the arm left)

RIGHT HEEL TAP AND ARM SWEEP

- 45 Switch feet, placing right foot slightly ahead of left at 11:00 o'clock (weight now on left foot, touch toe of right foot first, then drop heel) and extend right arm straight out in front with palm facing front and fingers upraised
- 46-48 Tap right heel three more times as you sweep right arm across and to the right (turn head to the right as you sweep the arm right)

REPEAT
