

Grease Lightning

COPPER KNOB
STEPPERS

拍數: 0 牆數: 4 級數: Advanced
編舞者: Mona Berends
音樂: Greased Lightnin' - John Travolta



Sequence: A,B,A,B,C,C,C,D

PART A:

BODY POSE, 8 HEEL TAPS WITH HEAD AND ARM MOVEMENT

Posed position: place left hand on hip, turn head to right, point right arm straight out to right, palm down, fingers out, point right toe out to right, right heel is facing inward.

1-8 As you tap your right heel 8 times, move your outstretched right arm across the front of you with rippling finger motions, while moving head in same direction. End with right hand pointing towards left shoulder.

SHUFFLE TWICE, GRAPEVINE, ELVIS LEGS

9&10 Shuffle forward with right
11&12 Shuffle forward with left
13-16 Grapevine to the right, and step down on count four
17-24 Elvis legs
(1) cross right knee over left
(2) hold
(3) cross left knee over right
(4) hold
(5) right
(6) left
(7) right
(8) right

SHUFFLE TWICE, STEP, PIVOT, KICK BALL CHANGE

25&26 Shuffle forward on right foot
27&28 Shuffle forward on left,
29-30 Step forward right, pivot ¼ to left
31&32 Kick right foot forward, step right foot next to left, step down on left

POINT TOE, CROSS, ½ PIVOT, ARM MOVES, BUMPS, CROSS, TURN

33-34 Point right foot out to right side, cross right over left
35-36 Keeping weight on left pivot ½ to left, push left arm straight out in front with palms down
37&38 Hip bump to left as you swing right arm behind back and over head, clasp right hand on top of left hand, hold arm position and hip bump right, left
39-40 Place hands on hips and cross right leg over left, pivot ½ to left

WALK FORWARD (RIGHT, LEFT), HITCH, WALK (RIGHT, LEFT), STEP, PIVOT, HITCH

41-44 Walk forward right, left, hitch right leg while pulling arms up in front, fist clenched, elbows at waist. Step forward on right.
45-48 Walk forward left, right, pivot ½ to left, hitch right, arms again.

right GRAPEVINE, BABY STEPS BACK

49-52 Grapevine to the right, stomp on count 4.
53-56& Lean forward with arms straight out in front, palms facing front, tush pushed out, take baby steps back (right, left, right, left, right, left, right, left all half counts).

PART B

1-48 Repeat Part A, omitting steps 49-56 at the end

PART C

1-56 Repeat steps 1-56 of part a
57&58 Shuffle in place to the right at 2 PM angle
59&60 Shuffle in place to the left at 10 PM
61-62 Walk forward (right, left)
63&64 Kickball change with right foot.

Part A,B,A,B, consists of 4 verses. The beginning of each verse starts with the "Posed" position (count 1). By listening to see when each verse ends, you can determine whether you need to drop the last 8 steps in Part A to complete Part B, or add 8 steps at the end of Part A to complete Part C.

PART D

1-40 Repeat steps 1-40
41-44 Walk forward (right-left-right) pivot $\frac{1}{2}$ to the left ending with weight on left while pushing both arms straight out in front.
45-48 Swing right arm down, behind body, back up over head and down to meet left stationary arm (1 count). Repeat full circle arm movement three times. During these steps, roll right hip back as your arm is going back, roll left hip forward as arm is going forward. Repeat 3 more times.
49-52 Point right foot out to the right and push both arms down to sides at 4pm and 8pm angle.
Keep posed until dance ends.

Adjust the final 12 counts to fit the considerably slowed down tempo.
