

Girls Night Out

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數:
編舞者: Terry Hogan (AUS)
音樂: Girls' Night Out - Gina Jeffreys



- 1,2 Kick Right foot forward, rock step backward onto ball of Right foot leaving Left foot in place
- 3 Rock-step forward to replace weight onto Left foot making 1/4 turn left
- 4 Step Right foot to the right side, pushing hips slightly to the right, leaving Left foot in place
- 5 Push weight back onto Left foot making 1/4 turn right (facing front)
- 6,& Step backward onto ball of Right foot, make 1/4 turn right on ball of Right foot
- 7,8 Step to the left side on Left foot, step Right foot beside Left

In this sequence the Left foot basically remains in place for the whole 8 counts, so step 6 should really read as a 'rock-step', and step 7 as 'replace weight onto Left'

BACK, ¼ TURN, ¼ TURN, TOGETHER

- 5 Step back with left foot
- 6 Step ¼ turn right with right foot
- 7 Step forward ¼ turn right with left foot
- 8 Place right foot next to left foot

¼, ¼/ ½, TOGETHER (RIGHT TURN MOVING LEFT)

- 9 Pivot ¼ turn right on ball of right foot, step back with left foot
- 10 Pivot ¼ turn right on ball of left foot, step to right side with right foot
- 11 Pivot ½ turn right on ball of right foot, step to left side with left foot
- 12 Touch right toe next to left foot

SIDE, TOGETHER, SIDE, TOGETHER

- 13 Step to right side with right foot
- 14 Step together with left foot
- 15 Step to right side with right foot
- 16 Step together with left foot

½ PIVOT, STEP, HOLD

- 17 Touch left toe forward
- 18 Pivot ½ turn right on ball of right foot
- 19 Step forward with left foot
- 20 Hold

½ PIVOT, STEP, HOLD

- 21 Touch right toe forward
- 22 Pivot ½ turn left on ball of left foot
- 23 Step forward with right foot
- 24 Hold

½ PIVOT, STEP, HOLD

- 25 Touch left toe forward
- 26 Pivot ½ turn right on ball of right foot
- 27 Step forward with left foot
- 28 Hold

STEP/HIPS RIGHT, LEFT, RIGHT, HOLD

- 29 Step forward-right with right foot and push hips to right side
- 30 Push hips to left side
- 31 Push hips to right side
- 32 Hold

STEP/HIPS LEFT, RIGHT, LEFT, HOLD

- 33 Step forward-left with left foot and push hips to left side
- 34 Push hips to right side
- 35 Push hips to left side
- 36 Hold

STEP/HIPS RIGHT, LEFT, RIGHT, HOLD

- 37 Step forward-right with right foot and push hips to right side
- 38 Push hips to left side
- 39 Push hips to right side
- 40 Hold

IN FRONT, RIGHT SIDE, WEIGHT LEFT

- 41 Step across in front of right leg with left foot
- 42 Step to right side with right foot
- 43 Shift weight back to left foot

IN FRONT, LEFT SIDE, WEIGHT RIGHT

- 44 Step across in front of left leg with right foot
- 45 Step to left side with left foot
- 46 Shift weight back to right foot

IN FRONT, TOGETHER

- 47 Step across in front of right leg with left foot
- 48 Place right foot next to left foot

¼ TURN, KICK, STOMP, STAMP

- 49 Twist ¼ turn left on ball of both feet
- 50 Kick left foot forward
- 51 Stomp (down) with left foot next to right foot
- 52 Stomp (up) with right foot next to left foot

FORWARD-RIGHT, TOGETHER, FORWARD-RIGHT, TOUCH

- 53 Step forward-right with right foot
- 54 Slide left foot next to right foot
- 55 Step forward-right with right foot
- 56 Touch left toe next to right foot

FORWARD-LEFT, TOGETHER, FORWARD-LEFT, TOUCH

- 57 Step forward-left with left foot
- 58 Slide right foot next to left foot
- 59 Step forward-left with left foot
- 60 Touch right toe next to left foot

FORWARD-RIGHT, TOGETHER, BOUNCE, BOUNCE

- 61 Step forward-right with right foot
- 62 Place left foot next to right foot
- & Lift both heel up
- 63 Drop both heel down

& Lift both heel up
64 Drop both heel down

REPEAT
