

B.C. Express

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Jim Krohe (USA)
音樂: Blue Train - Big House



HEEL SWIVELS, RIGHT AND LEFT SIDE STEPS WITH SNAPS

- 1-2 Swivel both heels right, snap fingers
- 3-4 Swivel both heels left, snap fingers and shift weight to left
- 5-6 Step right on right, touch beside right with left and snap fingers
- 7-8 Step left on left, touch beside left with right and snap fingers

RIGHT AND LEFT SLIDE STEPS WITH FINGER SNAPS

- 9-10 Step right on right, slide beside right on left
- 11-12 Step right on right, touch beside right with left and snap fingers
- 13-14 Step left on left, slide beside left on right
- 15-16 Step left on left, touch beside left with right and snap fingers

RIGHT AND LEFT STRUT STEPS, SYNCOPATED SLIDE STEPS WITH SNAPS

- 17-18 Step forward on right toe, lower right heel, snap fingers
- 19-20 Step forward on left toe, lower left heel, snap fingers
- &21 Hop forward slightly on right, slide behind right heel on left
- 22 Snap fingers
- &23 Hop forward slightly on right, slide behind right heel on left
- 24 Snap fingers

RIGHT AND LEFT FORWARD STEPS, SYNCOPATED SLIDE STEPS WITH SNAPS

- 25-26 Step forward on right, snap fingers
- 27-28 Step forward on left, snap fingers
- &29-32 Repeat &21-24

RIGHT AND LEFT BACK STEPS AND HOLDS

- 33-34 Step back on right, hold
- 35-36 Step back on left, hold

B.C. CHOO CHOO

- &37 Hop back on right and turn head left, touch forward with left heel while moving left fisted hand forward and back with right fisted hand
- 38 Hold
- &39 Hop back on left and turn head right, touch forward with right heel while moving right fisted hand forward and back with left fisted hand
- 40 Hold
- &41-44 Repeat &37-40

BACK STEPS, STOMPS

- 45-46 Step back on right, step back on left
- 47-48 Stomp up beside left with right twice

RIGHT VINE, LEFT BRUSH, LEFT VINE WITH LEFT ¼ TURN, RIGHT BRUSH

- 49-51 Step right on right, cross step left behind right, step right on right
- 52 Brush forward with left
- 53-55 Step left on left, cross step right behind left, step left on left and turn left ¼ turn
- 56 Brush forward with right

JAZZ BOX WITH STOMP, RIGHT AND LEFT SWIVETS

57-58 Cross step right over left, step back on left

59-60 Step right on right, stomp left

61-62 With weight on left heel and right toe and swivel both heels right, swivel both heels home

63-64 Shift weight to left toe and right heel and swivel both heels left, swivel both heels home

REPEAT
