

# All Wound Up!

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4  
編舞者: Todd Lescarbeau (USA)  
音樂: Fifty-Fifty - Keith Stegall



## ROCK-STEP, STEP, KICK, COASTER-STEP, STEP, KICK

&1-2-3      Rock back on right, step forward on left, step forward on right, kick left forward  
4&5      Step back on left, step back on right, step forward on left  
6-7      Step forward on right, kick left forward

## MODIFIED COASTER-STEP, RIGHT & LEFT SAILOR-STEPS, ¾ TURN RIGHT, KICK RIGHT

8&1      Step back on left, step back on right, step forward on left as you turn ¼ right  
2&3      Step back on right (slightly behind left), step left to side, step right beside left  
4&5      Step back on left (slightly behind right), step right to side, step left beside right  
6-8      Step back on right turning ¼ right, turn ½ right stepping forward on left, kick right forward

## STEP-SLIDE, HIP BUMPS LEFT & RIGHT, HIP ROLL

1-4      Drag left foot back for 2 beats and touch left beside right as you clap on the 4th beat  
**Wiggle shoulders as you drag left foot back**  
5-6      Bump hips left bending right knee inward, bump hips right  
7-8      Roll hips starting left and moving clock-wise 2 beats (weight should end on right leg)

## STEP LEFT BEHIND RIGHT, SIDE-ROCK-CROSS, STEP LEFT TO LEFT, ¾ TURN RIGHT, HEEL JACK

1      Step left foot behind right foot  
2&3      Rock to side on right, recover on left, cross step right over left. (this will feel like a mambo rock)  
4      Step left to side  
5-6      Step back on right turning ¼ right, turn ½ right stepping forward on left  
&7&8      Quickly step right foot in place, tap left heel forward, quickly step left in place, touch right foot beside left

Dancers may be tempted to execute a "sailor step" as opposed to the "behind side-rock". Depending on which song you choose to dance to and based on the tempo, you may find yourself falling into a sailor step. Be careful of the transition from dance end to beginning. The dance starts with a rock back on right, and ends with a "heel jack"

For the transition between the end and beginning. Keep the "heel jack tight" and body centered (no leaning back) the movement should be more in the hips

REPEAT