

Listen Up! (On The Playground)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Travis Taylor (AUS) - April 2008
音樂: Listen Up! - Gossip : (CD: Standing In The Way Of Control)



Start 32 Counts from the first "Oooooooooo"

Side/Replace Cross, Side Rock/Replace, Behind Side Cross, Hip & Hip

1&2-3-4 Rock R to R side, replace weight on L, cross R over L, rock L to L side, replace weight on R,
5&6-7&8 Step L behind R, step R to R side, cross R over L, step R to R side whilst bumping hips
R;L;R (End with weight on R)

¼, ½, Coaster Cross, Point & Point & Point, Pop

1-2-3&4 ¼ turn L stepping forward on L, ½ turn L stepping back on R, step L back, step R together,
Cross L over R
5&6&7-8 Point R toe to R side, step R together, point L toe to L side, step L together, point R toe to R
side, Pop R knee in towards L (Weights on L)

Full Turn (R;L) Side Rock Cross, Step Drag (5-6) & Cross, Stomp Together

1-2-3&4 ¼ turn R stepping forward on R, ½ turn R stepping back on L, ¼ turn R rocking R to R side,
Replace weight on L, cross R over L
5-6&7-8 Step L to L side whilst dragging R to L over 2 counts, step R together (&), cross L over R,
stomp R foot together (Weights on both feet)

Twist Twist Twist, ½ Unwind, Step Drag 5-6 & Together, Walk Walk

1&2-3-4 Twist R heel to R side, twist R toe to R side, twist R heel to R side, touch L behind R, ½ turn
L taking weight on L,
5-6-&7-8 Step R to R side whilst dragging L to R over 2 counts, step L together (&), walk forward R;L

Lock Step Shuffle, Rock Forward/Replace, ½, ¼, ¼ Step Drag 7-8

1&2-3-4 Step forward on R, lock L behind R, step forward on R, rock forward on L, replace weight on
R
5-6-7-8 ½ turn L stepping forward on L, ½ turn L stepping back on R, ¼ turn L stepping L to L side,
whilst dragging R together over 2 counts

(&) Cross & Heel & Cross & Heel & Cross & Behind & ¼, Pivot ½

&1&2 Step R together, cross L over R, step R to R side, touch L heel at L 45,
&3&4 Step L together, cross R over L, step L to L side, touch R heel at R 45
&5&6&7-8 Step R together, cross L over R, step R to R side, step L behind R, ¼ turn R stepping forward
on R, Step forward on L, ½ turn R taking weight on R

Forward ½, Rock Back/Replace, ½, ¼, Cross, Side

1-2-3-4 Step forward on L, ½ turn L stepping back on R, rock back on L, replace weight on R
5-6-7-8 ½ turn R stepping back on L, ¼ turn R stepping R to R side, cross L over R, step R to R side

Sailor Step, Behind Side Cross, Side Rock/Replace, Behind Side Cross

1&2-3&4 Step L behind R, step R to R side, step L to L side, step R behind L, step L to L side, Cross R
over L
5-6-7&8 Rock L to L side, replace weight on R, step L behind R, step R to R side, cross L over R

Start Dance Again

No Tags, No Restarts, No Nothing.

Hold On A Minute! Don't forget to have FUN!
