

U Can Do It!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Vivienne Scott (CAN) - January 2015
音乐: Hit The Ground (Original Fm Cut) - Kique Santiago : (Single - amazon and iTunes)



Alt. song: 'Keep Workin' On Me' by Johnny Reid (CD: 'Dance With Me' available on amazon and iTunes)

Intro: 32 counts for both songs

Slower Option: 'Birthday' by Katy Perry (CD: PRISM Deluxe Version available on amazon and iTunes)

Intro: 16 counts

TAP RIGHT HEEL FORWARD x 2, TAP RIGHT TOE BACK x 2, TOUCH RIGHT HEEL FORWARD, HOLD WITH CLAP, TOUCH RIGHT TOE BACK, HOLD WITH CLAP

- 1-2 Tap right heel forward x 2
- 3-4 Tap right toe back x 2
- 5-6 Touch right heel forward. Hold with clap.
- 7-8 Touch right toe back. Hold with clap.

DIAGONAL STEP TOUCHES WITH CLAPS x 4

- 1-2 Step right forward to right diagonal. Touch left beside right with clap.
- 3-4 Step left back to place. Touch right beside left with clap.
- 5-6 Step right back to right diagonal. Touch left beside right with clap.
- 7-8 Step left forward to place. Touch right beside left with clap.

SIDE, TOGETHER. SIDE, TOUCH x 2

- 1-2 Step right to right side. Step left beside right.
- 3-4 Step right to right side. Touch left beside right.
- 5-6 Step left to left side. Step right beside left.
- 7-8 Step left to left side. Touch right beside left.

HEEL SWITCHES MAKING 1/4 TURN

- 1-2 Touch right heel forward. Step right beside left.
- 3-4 Turn 1/8 left and touch left heel forward. Turn 1/8 left and step left beside right.
- 5-6 Touch right heel to right diagonal. Step right beside left.
- 7-8 Touch left heel forward. Step left beside right.

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