

Lips are Movin

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: John Huffman (USA) - December 2014
音乐: Lips Are Movin - Meghan Trainor : (Album: Title)



Intro: Dance starts after 32 counts, Weight on R

S1: Side Rock, Recover, Behind, Side, Cross, Side Rock, Recover, Cross

1-2 1) Rock L to L side 2) Recover to R
3-4 3) Step L behind R 4) Step R to R side
5-6 5) Step L across R 6) Rock R to R side
7-8 7) Recover to L 8) Cross R over L (12:00)

S2: 1/4 Toe Strut, w hip bumps x 2, Heel, Toe, Heel, Toe

1-2 1) Turning 1/4 L touch L toe fwd, bumping hip to L 2) Step down on L
3-4 3) Touch R toe fwd, bumping hip to R 4) Step down on R
5-6 5) Touch L heel fwd 6) Touch L toe back
7-8 7) Touch L heel fwd 8) Touch L toe back (9:00)

(Styling: Swivel hips while doing the heel, toes as if doing Yoakum's)

S3: Step, Lock, Step, Brush x 2

1-2 1) Step L to L diagonal 2) Lock R behind L
3-4 3) Step L to L diagonal 4) Brush R
5-6 5) Step R to R diagonal 6) Lock L behind R
7-8 7) Step R to R diagonal 8) Brush L (9:00)

S4: Jazz Box w Cross, Heel Bounce w 1/4 x 4

1-2 1) Cross L over R 2) Step R back
3-4 3) Step L to side 4) Cross R over L
5-6 5) Bounce heels turning 1/4 L 6) Bounce heels turning 1/4 L
7-8 7) Bounce heels turning 1/4 L 8) Bounce heels turning 1/4 L (weight to R) (9:00)

(Bouncing on balls of feet you will go from R crossed over L to L crossed over R, making a full turn back to 9:00 wall)

Ending: The music ends at about count 4 of the last set, crossed R over L after the jazz box. Unwind a full turn to the front wall, smooth, no bounces

Repeat, Have Fun

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