

Little Mr P.I.D.

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Rachael McEnaney (USA) & Trevor Thornton (USA) - June 2015
音乐: Mr. Put It Down (feat. Pitbull) - Ricky Martin : (Single - iTunes and all major mp3 websites)



Count In: 18 counts from start of track (hard to count).

Begin on the word "ALL" ("Now first of ALL") (count 5,6,7,8 as he does the "wooooo") Approx 128 bpm

[1 – 8] Walk L-R, L shuffle, R rocking chair

1 2 Step forward L (1), step forward R (2), 12.00
3 & 4 Step forward L (3), step R next to L (&), step forward L (4) 12.00
5 6 7 8 Rock forward R (5), recover weight L (6), rock back R (7), recover weight L (8) 12.00

[9 – 16] Step R, ½ pivot L, R toe touch fwd with R hip, R step, L toe touch fwd with L hip, L step, fwd R, ¼ pivot L

1 2 Step forward R (1), pivot ½ turn left (weight ends L) (2) 6.00
3 4 Touch R toe forward as you bump R hip forward (3), step forward R (4) 6.00
5 6 Touch L toe forward as you bump L hip forward (5), step forward L (6) 6.00
7 8 Step forward R (7), pivot ¼ turn left (weight ends L) (8) 3.00

[17 – 24] (WEAVE):R cross – L side – R behind – L side, R jazz box cross

1 2 Cross R over L (1), step L to left side (2), 3.00
3 4 Cross R behind L (3), step L to left side (4) 3.00
5 6 7 8 Cross R over L (5), step back L (6), step R to right side (7), cross L over R (8) 3.00

[25 – 32] R point, R cross, L point, L cross, R heel, L heel, R coaster step

1 2 Point R to right side (1), cross R over L (2), 3.00
3 4 Point L to left side (3), cross L over R (4) 3.00
5 6 Step R heel to right diagonal (5), step L heel to left diagonal (6)
(Easier alternative: step R to right diagonal (5), step L to left diagonal (6)) 3.00
7 & 8 Step back R (7), step L next to R (&), step forward R (8) 3.00

START AGAIN – HAVE FUN

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