

Hello Friday

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 1 级数: Phrased Intermediate
编舞者: Melody Lee (TW) - May 2016
音乐: Hello Friday (feat. Jason Derulo) - Flo Rida



Starts After 36 counts.....Seq: B,A,B,A,B(S5,S6,S7,S8),Tag,A,A

A: 32 counts

SA1: Jump,Hold,Soulder Pops

&1 Hop in place with both feet,Jump with the feet shoulder-width apart
2 3 4 Stretch R hand forward
5 6 7&8 Pop your shoulders Left ,Right,Left ,Right,Left

SA2: Jump,Hold,Shoulder Pops

&1 Hop in place with both feet,Jump with the feet shoulder-width apart
2 3 4 Stretch R hand forward
5 6 7&8 Pop your shoulders Left ,Right,Left ,Right,Left

SA3:Slide R Side,Slide L Side

1 2 3 4 Slide to R side on R n two arms wide open
5 6 7 8 Slide to L side on L n Hold yourself tight

SA4:Kick Ball Point,Touch,Touch.Unwind

&1 2 3 4 Kick fwd on R,Step in place with R,Touch L to L side,Hold
5 6 7 8 Touch fwd on L,Touch L side on L,Step L behind R,Unwind full L

B: 64 counts

SB1:Walk,Walk,1/4 Cross & Cross,Side rock,Weave

1 2 Walk R, Walk L
3&4 Turn 1/4 R,Cross R over L,Step L to L side,Cross R over L(3h)
5&6 Rock L to L on L,Recover on R,Cross L over R
&7 8 Step R to R side,Cross L behind R, Step R to R side

SB2:1/4Turn,1/4Turn,Sailor,Coaster,Rock & Turn

1 2 Make 1/4 Turn L on L fwd, Make 1/4 Turn on R to R side(9h)
3&4 Step L beind R,Step R to R side,Step L to L side
5&6 Step R back,Close L next to R,Step R fwd
7&8 Rock L forward,Recover on R,Make 1/4 Turn L step L to L side(6h)

SB3:Side rock,Kick ball,Side rock,Kick ball,Rock fwd,1/2Turn,Hitch

1&2& Rock R to R side,Recover on L,Kick R fwd,Step R fwd
3&4& Rock L to L side,Recover on R,Kick L fwd, Step L fwd
5&6 Rock R fwd,Recover on L,Step R back
7&8 Touch L behind,Make 1/2 turn L,Hitch L(12h)

SB4:Kick ball,Side rock,Kick ball,Side rock.1/2Turn,Walk,Walk

1&2& Kick L fwd,Step L fwd,Rock R to R side,Recover on L
3&4& Kick R fwd,Step R fwd,Rock L to L side,Recover on R
5 6 Step L fwd, 1/2pivot turn (6h)
7 8 Walk L, Walk R

SB5:Push hips to R n sway,Push hips to L n sway

&1 Close L next to R ,Step R to back diagonally
2 3 4 Push hip to backward n waggle or sway in your own style
&5 Cross R next to L ,Step L to back diagonally
6 7 Push hip to backward n waggle or sway in your own style
8 Change weight on R

SB6:Walk Walk Walk Walk Walk Walk Walk ,Rolling body up

1234567 Any styling walk

8 Roll your body up

SB7:Side,Touchx2,Side,Together.Side,Touch,Side,Behind,1/4,1/4 with Jump

1&2& Step R to R side,Touch L next to R,Step L to L side,Touch R next to L

3&4& Step R to R side,Step L next to R,Step R to R side,Touch L next to R

5 6 Step L to L side,Cross R behind L,Make 1/4 turn L on L fwd(3h)

7 8 Make 1/4 turn L on L fwd,Make 1/4 turn jump n raise hands up(12h)

SB8:Side,TouchX2,Side,Together,Side,Touch,Jazz box

1&2& Step L to L side, Touch R next to L, Step R to R side, Touch L next to R

3&4& Step L to L side, Step R next to L, Step L to L side, Touch R next o L

5 6 7 8 Step R to R side, Cross L over R, Step R back diagonal, Step L to L side

Tag: Turn 1/2 L walk walk walk walk R-L-R-L facing 12h

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