

Animal In Me

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Stella Kim (KOR) - June 2016
音乐: Animal in Me - Guy Sebastian



Intro: 16 counts

SEC 1: (TOE TOUCH, SCUFF, FORWARD) X2, ROCK FORWARD, RECOVER, 1/2 TURN FORWARD SHUFFLE

1&2 RF side toe touch (knee in), RF scuff, RF forward
3&4 LF side toe touch (knee in), LF scuff, LF forward
5-6 RF rock forward, LF recover
7&8 1/4 turn R with RF side, LF together, 1/4 turn R with RF forward(6:00)

SEC 2: (TOE TOUCH, SCUFF, FORWARD) X2, ROCK FORWARD, RECOVER, 1/4 TURN SIDE ROCK, RECOVER, SIDE

1&2 LF side toe touch (knee in), LF scuff, LF forward
3&4 RF side toe touch (knee in), RF scuff, RF forward
5-6 LF rock forward, RF recover
7&8 1/4 turn L with LF side rock, RF recover, LF side(3:00)

SEC 3: ROCK BACK, RECOVER, BACK WITH SWEEP, ROCK BACK, RECOVER, ROCK BACK, RECOVER, 1/4 TURN BACK WITH SWEEP, ROCK BACK, RECOVER

1&2 RF rock back, LF recover, RF back and LF sweep from front to back
3-4 LF rock back, RF recover
5&6 LF rock back, RF recover, 1/4 turn R and LF back and RF sweep from front to back
7-8 RF rock back LF recover(6:00)

SEC 4: (CROSS, BACK, BACK) X2, 1/4 TURN JAZZ BOX, FORWARD

1&2 RF cross over LF, LF diagonal back, RF diagonal back
3&4 LF cross over RF, RF diagonal back, LF diagonal back
5-8 RF cross LF, 1/4 turn R with LF back, RF side, LF forward(9:00)

***Restart here – wall 5**

SEC 5: TOE TOUCH, REPLACE, TOE TOUCH, HIP UP AND DOWN, SAILOR STEP, ROCK BACK, RECOVER

1&2 RF forward toe touch, RF replace and weight change to RF, LF forward toe touch
3&4 hold, L hip up, L hip down
5&6 LF cross behind RF, RF slight side, LF side
7-8 RF rock back, LF recover(9:00)

SEC 6: REPEAT THE SECTION 5

RESTART: On the 5th wall, you should dance until 32counts and start again

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