

15 Minutes

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Tiziana Nastasi (IT) - October 2016
音乐: 15 Minutes - Rodney Atkins



SHUFFLE, ROCK STEP, SIDE TOGETHER and CLAP X 2

1&2 Chassè side right-left-right
3-4 Rock left behind, recover to right
5-6 Step left side, touch together and clap
7-8 Step right side, step together and clap

TOE STRUT, TOE STRUT, STEP ¼ R, WALK, STOMP X 2

1-2 Touch right toe over left, drop right heel
3-4 touch left toe back, drop left heel
5-6 ¼ turn right and step right forward, step left forward
7-8 Stomp right next left twice

ROCKING CHAIR, PIVOT, HOP R FW, STOMP TOGHETER

1-2 Rock right forward, recover to left
3-4 Rock right back, recover to left
5-6 Step right forward, ½ turn left (weight on the left)
7-8 Hop right forward, stomp left together

HIP BUMPS X2 R, HIP BUMP X2 L, SWIVEL

1-2 push hips right twice
3-4 push hips left twice
5-8 twist heels to the right, twist toes to the right, twist heels to the right, twist toes to the center

REPEAT

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