

Squeeze Me

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Kerry Maus (USA) - May 2017
音乐: Squeeze Me - N.E.R.D



Intro: 16 counts

S1: HEEL GRIND, STEP, HEEL, & HEEL, HEEL GRIND, STEP, HEEL, & HEEL

1,2& 3&4& R crossing heel grind(1), Step L next to R(2), Step R next to L(&), L heel fwd(3), step L beside R(&), R Heel fwd(4) Step R next to L(&)
5,6,&7&8& L crossing heel grind(5), Step R next to L(6), Step L next to R(&), R heel fwd(7), step R beside L(&), L Heel fwd(8) Step L next to R(&)

S2: TRIPLE FWD, ROCK, RECOVER, TRIPLE ½ TURN, ½ T PIVOT

1&2 3, 4 Step Fwd R(1), Step L together(&), Step R fwd(2) Rock Fwd L(3), Recover back R (4)
5&6 ¼ L stepping L to L side(5), Step R together(&), ¼ L stepping fwd on L(6)
7, 8 ½ turn pivot L stepping fwd R, pushing hips to R(7), return weight to L(8) 12:00
(Option: Raise hands up above head on Count 7 when lyrics say "Yeah")

S3: POINT R TOE, POINT L TOE, SCUFF HITCH, STOMP, STOMP, TOE & TOE & POINT LIFT HEELS

1&2& Point R toe to R side(1), Step R next to L(&), Point L toe to L(2), Step L next to R(&)
3&4 Scuff R fwd into a hitch(3), stomp R(&), Stomp L(4)
5&6& Point R toe Fwd(5), Step R beside L(&), Point L toe Fwd,(6) step L beside R(&),
7&8 Point R toe Fwd(7), Lift both heels up (&), bring heels back down, weight to L (8)

S4: CROSS SAMBA, CROSS SAMBA, SAMBA ½ DIAMOND

1&2 Cross R over L(1), Step L to L side(&), Recover weight to R(2)
3&4 Cross L over R(3), Step R to R side(&), Recover weight to L(4)
5&6 Cross R over L(5), Step L slightly to L(&), Turn 1/8 R stepping R back(6) 1:30
7&8 Step L behind R(7), Step R to R turning ¼ turn R(&), Step L fwd (8) 4:30

S5: SERPIENTE

1,2,3,4 Squaring up to 6:00 Step fwd R(1), sweep L fwd (2) Cross L over R(3), step R to R side (4),
5,6,7,8 Step L behind R(5) sweep R back (6), Step R behind L(7), Step L to L side(8) 6:00

S6: TRAVELING VOLTAS L(X3), SIDE, TOGETHER, (x2)

1&2& Cross R over L(1) step L to L(&)Cross R over L(2) step L to L(&)
3&4 Cross R over L(3) step L to L(&) Step R beside L.
5&6& Cross L over R(1) step R to R(&)Cross L over R(1) step R to R(&)
7&8 Cross L over R(1) step R to R(&)Step L beside R

S7: FULL TURN VOLTA (LOCK STEP) TO THE R, ROLL HIPS, ROCK RECOVER

1&2& Step R slightly forward to 7:30(1), Lock-step L behind turning 1/8 turn R(&), Step R slightly forward turning 1/8 turn R(2), Lock-step L behind turning 1/8 turn R(&)
3&4 Step R slightly forward turning 1/8 turn R(3), Lock-step L behind turning 1/8 turn R(&), Step R slightly forward (4) 6:00 (counts 1-4 is lock-step turning a full turn R, keep circle tight)
5, 6 Step L to L side(5), slowly rolling hips L to R in a ½ circle CCW returning weight to R(6-7)
7, 8 Rock back L (&), Recover fwd to R (8)

S8: FULL TURN VOLTA (LOCK STEP) TO THE L, ROLL HIPS, ROCK RECOVER

1&2& Step L slightly forward to 4:30(1), Lock-step R behind turning 1/8 turn L(&), Step L slightly forward turning 1/8 turn L(2), Lock-step R behind turning 1/8 turn L(&)

3&4 Step L slightly forward turning 1/8 turn L(3), Lock-step R behind turning 1/8 turn L(&), Step L slightly forward (4) 6:00 (counts 1-4 is lock-step turning a full turn R, keep circle tight)
5, 6 Step R to R side(5), slowly rolling hips R to L in a ½ circle CW returning weight to L(6-7)
7, 8 Rock back R (&), Recover fwd to L (8)

Restart! Have fun!
