

Sticky Peanut... Peanut Butter!

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 1 级数: Absolute Beginner
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音乐: Peanut Butter - The Royal Guardsmen



S:1 - TOE-STRUTS FORWARD X 4 (RLRL)

1-2 Touch RF toes forward, Drop heel
3-4 Touch LF toes forward, Drop heel
5-6 Touch RF toes forward, Drop heel
7-8 Touch LF toes forward, Drop heel

S:2 - ROCKING CHAIR X 2

1-2 Rock Rf forward, Recover LF
3-4 Rock RF back, Recover LF
5-6 Rock RF forward, Recover LF
7-8 Rock RF back, Recover LF

S:3 - TOE-STRUTS BACK X 4 (RLRL)

1-2 Touch RF toes back, Drop heel
3-4 Touch LF toes back, Drop heel
5-6 Touch RF toes back, Drop heel
7-8 Touch LF toes back, Drop heel

S:4 - REPEAT S:2 (ROCKING CHAIR X 2)

S:5 - MAMBO RIGHT, MAMBO LEFT (WITH CLAPS)

1-4 RF Rock side right, LF recover, RF close together beside L & clap hands
5-8 LF Rock side left, RF recover, LF close together beside R & clap hands

S:6 - REPEAT S:5 (R&L MAMBOS)

S:7 - TRAVELLING SWIVELS RIGHT, LEFT (WITH HAND CLAP)

1-4 Swivel both heels to right, both toes to right, both heels to right, Clap hands [*** restart second time through]
5-8 Swivel both heels to left, both toes to left, both heels to left, Clap hands

S:8 - REPEAT S:7 (TRAVELLING SWIVELS)

S:9 - HIP BUMPS X 8 (RRRR,LLLL)

1-4 Thrust hips right four times
5-8 Thrust hips left four times

S:10 - HIP BUMPS X 8 (RR,LL,RLRL)

1-4 Thrust hips right twice, Thrust hips left twice
5-8 Alternate hip bumps Right, Left, Right, Left

RESTART: note there is a restart after Count 4 of S:7 (***)

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