

It's Just Work

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Beginner
编舞者: Chrissy Nicole - May 2018
音乐: "It's Just Work" by Sonic Rodeo



TOE, HEEL, TRIPLE

1-2 Right toe tap by left foot, right heel tap forward
3&4 Triple step in place stepping right, left, right
5-6 Left toe tap by right foot, left heel tap forward
7&8 Triple step in place stepping left, right, left

BUMP HIPS 2X, BODY ROLLS 2X

1-2 Rock right in place and bump hips twice right
3-4 Recover to left and bump hips twice left
5-6 Body roll
7-8 Body roll

VINE TO THE RIGHT, VINE TO THE LEFT

1-2 Step right to side, step left behind right
3-4 Step right to side, tap left by right foot
5-6 Step left to side, step right behind left
7-8 Step left to side, tap right by left foot

RIGHT HEEL, LEFT HELL, RIGHT HEEL 2X

1-2 Right heel forward, left heel forward
3-4 Right heel forward twice

½ TURN LEFT, RIGHT FORWARD CHA-CHA

5-6 Step right forward, ½ turn left
7&8 Step forward on right, left behind right, step forward on right

½ TURN RIGHT, LEFT FORWARD CHA-CHA, ROLL HIPS 2X

1-2 Step left forward, ½ turn right
3-4 Step forward on left, right behind left, step forward on left
5-6 Step on right foot in place and exchange weight back to left while rolling hip left
7-8 Step on right foot and exchange weight back to left while rolling hip left and turning to left.

*****DIFFERENCE IN THE WALLS*****

Wall 1 Don't turn left at the end of the last 8 counts, stay forward.

Wall 2 Normal

Wall 3 Repeat first 8 counts twice

Wall 4 Normal

Wall 1 (Repeat) Normal

Wall 2 (Repeat) Don't turn left at the end of the last 8 counts, stay forward

Wall 3 (Repeat) Normal

Wall 4 (Repeat) Normal

Contact: dancewithchrissy@icloud.com