

# Infectious

COPPER KNOB  
STEPSHEETS

拍数: 48                      墙数: 2                      级数: High Intermediate  
编舞者: Satu Ketellapper (NL) & EWS Winson (MY) - April 2021  
音乐: Infectious (feat. Snoopy Dogg) - Charlie Wilson



Intro: 32 counts in (approx. 0.19 sec)

## #1 (1-8) R Side Kick-Hitch-Close, Body Roll, L Modified Rolling Vine (L) with L-R Kicks

- 1&2                      Weight on LF: Kick RF to R side (1), lift R knee beside LF (&), close RF next to :LF (2) 12.00  
3-4                      Roll body from head to hips (3), transfer weight on RF (4) 12.00  
5&6&                      Turn ¼ L kicking LF forward (5), step LF forward (&), turn ¼ L kicking RF forward (6), turn ¼ L back stepping RF back (&) 3.00  
7&8                      Turn ¼ L kicking LF forward (7), step LF to L side (&), kick RF to R side (8) - you may also kick RF across L knee 12.00

## #2 (9-16) R Slide, L Close, Chest Pump, L Side Point, Body Turn ¼ (L), R Pivot ½ (L)

- 1-2                      Slide RF to R side slightly facing R diagonal (1), close LF beside RF (2) 1.30  
&3&4                      Push chest forward and contract for 2 times (&-3-&-4) 1.30  
5-6                      Point L toes to L side squaring body to original wall (5), turn body to ¼ L placing weight on LF (6) - you may flick RF back while turning ¼ L 9.00  
7-8                      Step RF forward (7), turn ½ L over L shoulder (8) 3.00

## #3 (17-24) R-L Kick Ball Point, R Jazz Box ¼ (R)

- 1&2                      Kick RF forward (1), step RF in place (&), point L toes to L side (2) 3.00  
3&4                      Kick LF forward (3), step LF in place (&), point R toes to R side (4) 3.00  
5-8                      Cross RF over LF (5), turn ⅛ R stepping LF back (6), turn ⅛ R stepping RF to R side (7), close LF beside RF (8) - no weight 6.00

## #4 (25-32) R&L Syncopated Jumping Applejacks, L Side with Body Roll, R Close, L Side Kick-Hitch-Close

- 1&2&                      Slightly jump L heel forward fanning L toes out to L side whilst turning R heel in (1), return both heel and toes to centre (&), slightly jump R heel forward fanning R toes out to R side whilst turning L heel in (2), return both heel and toes to centre (&) 6.00  
3&4                      Slightly jump L heel forward fanning L toes out to L side whilst turning R heel in (3), return both heel and toes to centre (&), slightly jump L heel forward fanning L toes out to L side whilst turning R heel in (4) 6.00

### Easier option: Swivel both heels to L-R-L-R (1-2-3-4)

- 5-6                      Step LF to L side rolling body to L side (5), close RF beside LF (6) 6.00  
7&8                      Kick LF to L side (7), lift L knee beside RF (&), close LF next to :RF (2) \*\*\* 6.00

Restart here on Wall 7. Begin the dance again, facing 6.00 o'clock.

## #5 (33-40) R Hitch, R Hitch ¼ (R), R Coaster Step, L Pivot ¼ (R), R&L Syncopated Knee Rolls In & Out

- 1-2                      Lift R knee beside LF (1), turn ¼ R lifting R knee beside LF (2) 9.00  
3&4                      Step RF back (3), close LF next to RF (&), step RF forward (4) 9.00  
5-6                      Step LF forward (5), turn ¼ R over R shoulder (6) 12.00  
&7&8                      Roll both knees inward and outward for 2 times (&-7-&-8) - place weight on LF 12.00

## #6 (41-48) R Sailor Step, L Sailor Step, R Pivot ½ (L), Full Spin (L)

- 1&2                      Cross RF behind LF (1), step LF to L side (&), step RF to R side (2) 12.00  
3&4                      Cross LF behind RF (3), step RF to R side (&), step LF to L side (4) 12.00  
5-6                      Step RF forward (5), turn ½ L over L shoulder (6) 6.00  
7-8                      Make a full spin L over L shoulder for 2 counts bringing RF beside LF (7-8) - maintain weight on LF 6.00

Website: <https://sites.google.com/view/dancejournal>

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