

Whistle While You Twerk

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Charles Alexander (SWE) - February 2023
音乐: High Heels (Whistle While You Twerk) - Flo Rida, Walker Hayes & secs on the beach



Intro: 16 counts, approx. 8 sec – 120 bpm

[1 – 8] HIP BUMPS R-L-R, HIP BUMPS L-R-L, BUMP R-L, RIGHT COASTER STEP

1&2 Bump hips R. Bump hips L. Bump hips R. (Weight ends on R)

3&4 Bump hips L. Bump hips R. Bump hips L. (Weight ends on L)

5-6 Bump hips R. Bump hips L. (Weight ends on L)

7&8 Step R back. Step L beside R. Step R forward.

(If you can, feel free to twerk instead during counts 1-6 and don't forget to whistle to the song!)

[9 – 16] MAKING ¾ TURN LEFT: WALK L-R, LEFT SHUFFLE FORWARD, WALK R-L, RIGHT SHUFFLE FORWARD

1-2 Step L forward. Step R forward. (Making 1/8 turn left)

3&4 Step L forward. Step R beside L. Step L forward. (Making ¼ turn left)

5-6 Step R forward. Step L forward. (Making 1/8 turn left)

7&8 Step R forward. Step L beside R. Step R forward. (Making ¼ turn left) [3:00]

[17 – 24] ROCK SWITCHES FORWARD L-R-L, LEFT SHUFFLE BACK

1-2& Rock L forward. Recover onto R. Step L beside R.

3-4& Rock R forward. Recover onto L. Step R beside L.

5-6 Rock L forward. Recover onto R.

7&8 Step L back. Step R beside L. Step L back.

[25 – 32] BACK, TOUCH, FORWARD, TOUCH, SIDE, TOUCH, SIDE, TOUCH, OUT-OUT (R-L), KNEE POPS

1-4 Step R back. Touch L beside R. Step L forward. Touch R beside L.

&5&6 Step R to side. Touch L beside R. Step L to side. Touch R beside L.

&7&8 Step R to side. Step L to side. Pop knees forward lifting heels. Lower heels. (Weight ends on L)

Ending: During wall 10, starts facing 3:00

Dance up to count 8 and make a total of 1+1/4 turn left during counts 9-16, ends facing 12:00!

Website: www.lostinline.se

E-mail: charles.akerblom@gmail.com

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