

Moovin & Groovin

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Ain't No Stoppin' Us Now - McFadden & Whitehead
或: Fresh - Kool & The Gang



(2x) R KBC/ (2x) PIVOT TURNS LEFT

1&2 Right kick ball change
3&4 Right kick ball change
5-6 Right forward, ½ pivot left
7-8 Right forward, ½ pivot left

TRIPLE FORWARD, ROCK -RECOVER, TRIPLE BACK, ROCK RECOVER

1&2 Triple forward (R-L-R)
3-4 Left rock forward, Right Recover
5&6 Triple back (L-R-L)
7-8 Right rock back, Left recover

Roll both your hands around each other at mid level in front of you. Like your rolling up something. Forward on 1&2 and back on 5&6

ROLLING VINES RIGHT, VINE. LEFT

1-4 Rolling vine right, Touch Left

Bounce your shoulders up and down as you turn and nod your head. Clap on 4

5-8 Vine left, Touch Right

Drop right shoulder while lifting up left shoulder on 5 then do opposite on 6 repeat for 7-8

½ PIVOT LEFT, KICK BALL STEP, FORWARD ROCK RECOVER, BACK ROCK KICK

1-2 Forward on right, ½ pivot left
3&4 Right kick ball, Forward on Left
5-6 Forward right rock, left recover
7-8 Slight jump back on right with small kick on left, Step left.

for styling as you jump back throw your hands up and back at chest level.

This is just a basic back rock recover with a small kick added for fun. If you don't want to do this just do a regular one.

TRIPLE FORWARD, ½ PIVOT RIGHT, TRIPLE FORWARD, ¼ PIVOT LEFT

1&2 Triple forward (R-L-R)
3-4 Left forward, ½ pivot right
5&6 Triple forward (L-R-L)
7-8 Right forward, ¼ pivot left

CROSS STEP, SAILOR X 2

1-2 Right cross over left, Left step to side
3&4 Right sailor step
5-6 Left cross over right, Right step to side
7&8 Left sailor step

Again with this section you can bounce your upper body and nod your head

FORWARD, POINT, SWITCH TOUCH W/ KNEE AND SHOULDER POPS X 2

1-2 Right slight forward, Left point to side
&3-4 Left together while touching Right out to side. Pop right knee up slightly crossing over left knee.
5-6 Repeat 1-2

&7-8 Repeat &3-4

While doing this section you will be moving forward. As you pop up your knee. You can pop your right shoulder up while flicking you head left and snapping right hand up and snapping left hand down at an angle. Stay on the balls of your feet, keeping your knees slight bent. If you find this difficult you can just point and hold while snapping fingers.

FORWARD ROCK -RECOVER, COASTER, FORWARD -ROCK RECOVER, ½ TRIPLE LEFT

1-2 Right rock forward, Left recover -

Push both hands forward, snap down

3&4 Right coaster step

5-6 Left rock forward, Right recover

7&8 Triple ½ left (L-R-L)
