

# La Minute Moove

COPPERKNOB  
BY SHEETS

拍数: 76      墙数: 1      级数: Improver  
编舞者: Delphine Strazzieri - March 2024  
音乐: Remix by Arthur or any moderate tempo WCS, Funk, Soul



Dance starts 20 counts after drumming starts. No tags, no restarts. Style is "real smooth", light bounce

## [1 – 8] The "Basic" Step

1 2 3 4      Tap right foot front 2 beats (lean back a bit), tap right foot back 2 beats @12:00  
5 6 7 8      Tap right foot front, back, right foot out to side, tap right foot home

## [9 – 16] Finish Basic, Heels and Toes Quarter Turn Left, Cuff Lift

1 2 3 4 & 5      Right foot front, side, back, side-back-side @12:00  
& 6 & 7 & 8      Quarter turn left @9:00 step on right foot (5&), heel in, out, in, out, in (lift cuff twice)

## [17 – 24] Walking Forward and Back

1 2 3 4      Forward "walks" right, left, right, left @9:00  
5 6 7 8      Walk back left, right, left right @9:00

## [25 – 32] "Sitting" Butterfly Knees Then Pause/Pose

1 2 3 4      Small step back on right with knees in, out, in, out (hip rolling)  
5 6 7 8      Quarter turn right pose 4 counts, lean forward, right hand palm facing face @12:00

## [33 – 40] The Basic Step Again, Almost

1 2 3 4      Quarter turn left, tap right foot front 2 beats, tap right foot back 2 beats @9:00  
5 6 7 8      Tap right foot front, back, right foot out to side, tap right foot home

## [41 – 48] "Pimp Walks", Extend Right Foot Turning Quarter Turn Left, Shoulders

1 & 2 3 & 4      Forward kick ball changes "pimp walks" right, left, right, repeat @9:00  
5 6 7      Quarter turn left planting right foot to right chest right, left, right @6:00  
8 &      Chest left, right

## [49 – 56] Shoulders, Half Turn Left, Shoulders

1 & 2      Shift chest right, left, right  
3 & 4      Shift chest left, right, left  
5 6      Hitch left foot doing half turn right, place left foot open stance a little back @12:00  
7 & 8      Shift shoulders right, left, right @12:00

## [57 – 64] Bop Bop Bop Hips

1 & 2 & 3 & 4 &      Lift right hip up neutral then down neutral, repeat  
5 6 7 8      Little scoots/hops to right four times

## [65 – 72] Walk with Me Funky Four Corners with Loose Legs

1 & 2 &      Step forward on right with right hip up, to neutral, right hip down, to neutral  
3 & 4 &      Step forward on left with left hip up, to neutral, left hip down, to neutral  
5 & 6 & 7 & 8 &      Repeat steps 1 through 2& above TWICE

73 – 76      Step Back Then You Slide Ending  
1 2 3 4      Step back on left then slowing slide right to home

END OF DANCE, REPEAT IF MUSIC CONTINUES

Submitted by: Bonnie Berns Email: [yaelchina@yahoo.com](mailto:yaelchina@yahoo.com)

