

Nina's Boo

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Liz Atkinson (USA) - August 2024
音乐: My Baby Just Cares For Me - Nina Simone



Created for newer students to practice moving into and out of a jazz box sequence.

16 count intro

NO Tags or Restarts

S1: TOE STRUT, TOE STRUT, JAZZ BOX

1, 2, 3, 4 RF toes fwd, step weight RF, LF toes fwd, step weight LF
5, 6, 7, 8 Cross RF over LF, step LF back, step RF to R side, step LF forward

S2: TOE STRUT, TOE STRUT, JAZZ BOX (repeat S1)

1, 2, 3, 4 RF toes fwd, step weight RF, LF toes fwd, step weight LF
5, 6, 7, 8 Cross RF over LF, step LF back, step RF to R side, step LF forward

S3: SIDE, KICK ACROSS, SIDE, TOUCH X2

1, 2, 3, 4 Step RF to R side, kick LF across R leg, step LF to L side, touch RF beside LF
5, 6, 7, 8 Step RF to R side, kick LF across R leg, step LF to L side, touch RF beside LF

S4: BUMP RR, BUMP LL, WALK 3/4R

1, 2, 3, 4 Bump hips twice to R side, bump hips twice to L side
5, 6, 7, 8 Walk 3/4R: Stepping RF, LF, RF, LF (9:00)

Notes: The legendary Nina Simone was an American singer, songwriter, pianist, composer, arranger, and civil rights activist. She was originally from Tryon, North Carolina, about 45 miles from my home in the NC mountains.

Contact: info@LizAtkinsonDance.com
