

Let's Get Flumpy

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Improver
编舞者: Rob Fowler (ES) & Paul McAdam (UK)
音乐: My Boy Lollipop - Millie



STEP RIGHT, TOGETHER, RIGHT SIDE CHASSE, CROSS ROCK, RECOVER, STEP LEFT, TOGETHER

- 1 Step to right on right foot
- 2 Step on left foot beside right
- 3 Step to right on right foot
- & Step on left foot beside right
- 4 Step to right on right foot
- 5 Cross-rock left foot over right
- 6 Recover weight back onto right foot
- 7 Step to left on left foot
- 8 Step on right foot beside left

STEP LEFT, TOGETHER, LEFT SIDE CHASSE, CROSS ROCK, RECOVER, START 1 ¼ TURN TO RIGHT

- 9 Step to left on left foot
- 10 Step on right foot beside left
- 11 Step to left on left foot
- & Step on right foot beside left
- 12 Step to left on left foot
- 13 Cross-rock right foot over left
- 14 Recover weight back onto right foot
- 15 Step to right on right foot turning ¼ right
- 16 Turn ½ right, and step back on left foot

FINISH 1 ¼ TURN TO RIGHT, RIGHT KICK-BALL-STEP, STEP, HEEL BOUNCES WITH ½ TURN TO LEFT

- 17 Turn ½ right, and step forward on right foot
- 18 Step forward on left foot
- 19 Kick right foot forward
- & Step on right foot beside left
- 20 Step forward on left foot
- 21 Step forward on right foot
- 22-24 Bounce heels 3 times, to make ½ turn to left

WALK FORWARD RIGHT, LEFT, RIGHT KICK-BALL-STEP, STEP, HEEL BOUNCES WITH ½ TURN TO LEFT

- 25 Step forward on right foot
- 26 Step forward on left foot
- 27 Kick right foot forward
- & Step on right foot beside left
- 28 Step forward on left foot
- 29 Step forward on right foot
- 30-32 Bounce heels 3 times, to make ½ turn to left

KICK, BOOGIE-WALK FORWARD, KICK, BOOGIE-WALK FORWARD

- 33 Kick right foot forward
- & Step together with right foot
- 34 Step forward on ball of left foot.

You are now on the balls of both feet. Bend both knees and shift both knees to the left side, hips are shifted

left also

- 35 Step forward on ball of right foot. On balls of both feet, keep knees bent, shift both knees & hips to right
- 36 Step forward on ball of left foot. On balls of both feet, keep knees bent, shift both knees and hips to left
- 37 Kick right foot forward
- & Step together with right foot
- 38 Step forward on ball of left foot. You are now on the balls of both feet

Bend both knees and shift both knees to the left side, hips are shifted left also

- 39 Step forward on ball of right foot. On balls of both feet, keep knees bent, shift both knees & hips to right
- 40 Step forward on ball of left foot. On balls of both feet, keep knees bent, shift both knees and hips to left

Counts 31-38 are very similar to the "Shorty George" moves in the dance "Shakin' The Shack" which was choreographed by Jo Thompson

ROCK FORWARD, RECOVER, TRIPLE ½ TURN, LEFT SHUFFLE FORWARD, STEP, ½ TURN

- 41 Rock forward on right foot
- 42 Rock back, and recover weight onto left foot
- 43&44 While turning ½ turn right, step on right foot, step on left foot, step on right foot
- 45 Step forward on left foot
- & Step on right foot beside left
- 46 Step forward on left foot
- 47 Step forward on right foot
- 48 Pivot ½ turn to left

LEFT SHUFFLE FORWARD, STEP, ½ TURN

- 49 Step forward on left foot
- & Step on right foot beside left
- 50 Step forward on left foot
- 51 Step forward on right foot
- 52 Pivot ½ turn to left
- 53 Step forward on left foot
- & Step on right foot beside left
- 54 Step forward on left foot
- 55 Step forward on right foot
- 56 Pivot ½ turn to left

DIAGONAL STEPS FORWARD & TOGETHER, DIAGONAL STEPS FORWARD & TOGETHER

- 57 Step diagonally-forward right on right foot
- 58 Step back onto left foot
- & Step on right foot beside left
- 59 Step diagonally-back left on left foot
- 60 Step on right foot beside left
- 61 Step diagonally-forward left on left foot
- 62 Step back onto right foot
- & Step on left foot beside right
- 63 Step diagonally-back right on right foot
- 64 Step on left foot beside right

REPEAT
