

Matitude

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Funky Cold Medina - Tone-Lōc



TOUCH HITCH STEP RIGHT & LEFT, TOUCH FORWARD TWICE, STEP BACK, TOUCH FORWARD

- 1&2 Touch right foot to right side, hitch right knee, step right foot to left
3&4 Repeat counts 1&2 on left foot
5&6& Touch right foot forward, hitch right knee, touch right foot forward, hitch right knee
7&8 Step right foot back, hitch left knee, touch left foot forward

Arm movements:

- 1-2 Punch right fist down across body
3-4 Punch left fist down across body
5&6& Wave right fist twice in front of face
7&8 Wave left fist in front of face

STEP, SCUFF, STEP, PUSH, & STEP, STEP, STEP BACK, STEP TOGETHER

- 1-4 Step left foot forward, scuff right foot by left, step forward on the ball of right foot with weight, drop right heel and slide left foot back transferring weight to left foot
&5-6 Step right foot next to left, step left foot forward, step right foot forward
7-8 Push off right foot & step right foot back, step left foot next to right

KICK & TOUCH, TURN, TOUCH, STEP, TOUCH BEHIND, STEP, TOUCH BEHIND

- 1&2 Kick right foot to right side, step right foot to right side, touch left foot next to right
3-4 Step left foot to left side turning ¼ turn left, touch right foot next to left
5-6 Step right foot to right side, touch left foot behind right
7-8 Repeat counts 5-6 on left

Arm movements:

- 5-6 Both arms out to sides, right arm around & over left arm around and under. Like making a windmill effect
7-8 Left arm around and over, right arm around and under like making a windmill effect

WALK, WALK, SNAKE ROLL TURN, KNEE POPS, BODY ROLL DOWN

- 1-2 Step right foot forward, step left foot forward
3-4 Snake roll left turning ¼ turn left (making sure to step down on right foot), step left foot next to right
&5&6 Pop knees: out-in-out-in
7-8 Body roll down weight ending on left foot

On counts &5&6 your arms are wrist to wrist & elbow to elbow in front of face

REPEAT