

Miracles (...You Sexy Thing)

COPPER **KNOB**
BY STEPHEN

拍数: 40 墙数: 0 级数:
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音乐: You Sexy Thing - T-Shirt



LEFT HEEL RAISE WITH LEFT ARM RAISE, RIGHT HEEL RAISE WITH RIGHT ARM RAISE; TWICE

- 1-2 Raise left heel with left knee bent and raise left forearm towards chest with clenched fist (as if lifting weights), as you drop left heel and left arm raise right heel with right knee bent and raise right forearm towards chest with clenched fist (as if lifting weights)
- 3-4 Repeat beats 1-2

PADDLE 2 AND SLAP THIGH, TWICE

- 5-6 Rock forward right foot, turning $\frac{1}{4}$ left recover left foot and slap right thigh with right hand
- 7-8 Repeat beats 5-6

TOUCH RIGHT FOOT WITH HEEL RAISED AND RIGHT ARM RAISED, LEFT HEEL RAISE WITH LEFT ARM RAISE; TWICE

- 9-10 Touch right foot alongside left foot with right heel raised bending right knee and raise right forearm towards chest with clenched fist (as if lifting weights), as you drop right heel and right arm raise left heel bending left knee and raise left forearm towards chest with clenched fist (as if lifting weights)
- 11-12 Repeat beats 9-10

PADDLE 2 AND SLAP THIGH, TWICE

- 13-14 Rock forward left foot, turning $\frac{1}{4}$ right recover right foot and slap left thigh with left hand
- 15-16 Repeat beats 5-6

HEEL, TOUCH, POINT BACK, TOUCH (WITH ARM MOVEMENTS)

- 17-20 Touch left heel forward pushing arms straight out in front at chest height and palms facing away, touch left foot to right foot and arms dropping to sides, point left foot back with arms back at same angle as leg and palms facing away, touch left foot to right foot with arms dropping to sides

HITCH, KNEE SWEEP / STEP, 2 SHOULDER SHRUGS

- 21-22 Hitch left knee, sweep knee up and around to the left / left foot steps large step to left side leaning body left with right leg straight
- 23-24 Raise and drop left shoulder twice

HEEL, TOUCH, POINT BACK, TOUCH (WITH ARM MOVEMENTS)

- 25-28 As you straighten up touch right heel forward pushing arms straight out in front at chest height and palms facing away, touch right foot to left foot and arms dropping to sides, point right foot back with arms back at same angle as leg and palms facing away, touch right foot to left foot with arms dropping to sides

HITCH, KNEE SWEEP / STEP, 2 SHOULDER SHRUGS

- 29-30& Hitch right knee, sweep knee up and around to the right / right foot steps large step to right side leaning body right with left leg straight
- 31-32 Raise and drop right shoulder twice

LEFT ROLL 3, TOUCH & CLAP

- 33-36 Pushing off the right leg step left foot to left turning $\frac{1}{4}$ left, step right foot forward turning $\frac{1}{2}$ left, step left foot back turning $\frac{1}{4}$ left, touch right foot to left foot and clap hands

RIGHT ROLL 3, TOUCH & CLAP

37-40 Step right foot to right turning $\frac{1}{4}$ right, step left foot forward turning $\frac{1}{2}$ right, step right foot back turning $\frac{1}{4}$ right, touch left foot to right foot and clap hands

REPEAT

TAG

At the end of sequence 2, and also the end of sequences 4, 7 and 8

DIAGONAL TOUCH / ROCK STEP THREE TIMES, JUMP WITH FEET APART, TURNING $\frac{1}{4}$ RIGHT JUMP WITH FEET TOGETHER AND CLAP

The next 6 beats travel diagonally forward and right

41&42 Touch left toe to right foot / rock left foot back, recover right foot diagonal forward and right

43&44-45&46 Repeat beats 41&42; twice

47-48 Jump onto both feet landing with feet apart, turning $\frac{1}{4}$ right jump landing with feet together and clap hands

Then continue from the beginning.
