

Miss Independent

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Nancy Morgan (USA)
音乐: Miss Independent - Kelly Clarkson



SIDE ROCK-HITCH WITH ¼ TURN, SET FOOT FORWARD WITH LIFTS, FORWARD ROCK, COASTER STEP

1-2 Step right foot out to right side as you shift your weight from right to left, as you put your weight on your left lift knee up and turn ¼ turn to your left.

Swing your arm from right to left as you rock step

3&4 Set right foot forward as you lift your left shoulder up, then right, then left

5-6 Rock forward on left and back on right

7&8 Coaster step back - left, right, left

SLIDE FORWARD RIGHT, BODY ROLL TO LEFT, SLIDE BACK LEFT, BODY ROLL RIGHT

1-2 Step right forward towards 1:00, slide left to right

3-4 Body roll up and sit

5-6 Step left back towards 7:00, slide right to left

7-8 Body roll up and sit

Option for those who do not body roll

3-4 Lean forward on your right and bounce on right hip

7-8 Lean back on your left and bounce on left hip

TOUCH TOE BACK AND HEEL AND HEEL AND TOE BACK, BRUSH, STEP, MOVE HEEL OUT-IN-OUT

1&2 Touch right toe back, put right next to left and put left heel forward

&3 Put left next to right as you put right heel forward

&4 Put right next to left as you touch left toe back

5-6 Brush left forward (as you do this lift left knee up), then set left heel next to right toe

7&8 Swivel heels out, in, out

STEP BACK, STEP BACK, ½ TURN SHUFFLE LEFT, 2 SAILOR SHUFFLES

1-2 Step back left, step back right

3&4 ½ turn to left as you shuffle forward left, right, left

5&6 Sailor right, left, right

7&8 Sailor left, right, left

REPEAT

RESTART

At wall 4 do first 8 counts, then start again doing all 32 counts, then do 16 counts and start again