

# Motivated

COPPER KNOB  
STEPSHEETS

拍数: 40      墙数: 4      级数: Improver  
编舞者: David J. McDonagh (WLS)  
音乐: This Kiss - Superstarz



## RIGHT VINE-TOUCH-SYNCOPATED ROCK STEPS-STEP ½ TURN

- 1-4            Step right foot to right side, step left foot behind right, step right foot to right side, touch left toe beside right
- 5&6&        Step left foot forward rocking weight forward onto left, rock weight back onto right foot, step left foot back rocking weight onto left, rock weight forward onto right foot
- 7-8           Step left foot forward, pivot ½ turn over right shoulder

**Styling tip: on counts 5&, swing both your arms around and forward. On counts 6&, swing both your arms around and back.**

## LEFT SHUFFLE-STEP-TOUCH-LEFT SHUFFLE-STEP-TOUCH

- 1&2           Step left foot forward, step right beside left, step left foot forward
- 3-4           Step right foot forward, touch left beside right
- 5&6           Step left foot back, step right beside left, step left foot back
- 7-8           Step right foot back, touch left beside right

## STEP-TOUCH-& HEEL-& TOUCH-STOMP TWICE

- 1-2           Step left foot forward, touch right toe beside left
- &3&4        Jump your right foot back, touch left heel forward, jump left foot back to center, touch right toe beside left
- 5-6           Step right foot forward, pivot ½ a turn over left shoulder
- 7-8           Stomp right foot slightly forward, stomp left foot slightly forward

## KICK-BALL-FORWARD TWICE-SAILOR STEPS TWICE

- 1&2           Kick right foot forward, step right beside left, step left foot forward
- 3&4           Kick right foot forward, step right beside left, step left foot forward
- 5&6           Step right behind left, step left foot to left side rocking weight onto left, step right foot to right side rocking weight onto right foot
- 7&8           Step left behind right, step right foot to right side rocking weight onto right, step left foot to left side rocking weight onto left foot

**Styling tip: on counts 5&6, move your arms downward in a skiing motion. On counts 7&8, move your arms downward in a skiing motion.**

## KICK-BALL-BACK TWICE-STEP ½ TURN-¼ TOUCH-CLAP TWICE

- 1&2           Kick right foot forward, step right foot back, step left beside right
- 3&4           Kick right foot forward, step right foot back, step left beside right
- 5-6           Step right foot forward, pivot ½ a turn over left shoulder
- 7&8           Turn a ¼ left touching right toe beside left, clap hands twice

**REPEAT**

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