

# Movin' It Out

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Linda Harris  
音乐: Do You Wanna Dance - 98 Degrees



---

## HIP PUSHES, STEP, HIP PUSHES, ROCK STEP, HIP THRUST

1-2      Step right foot to right side pushing right hip right repeat hip push to right & right step next to left  
3-4      Left step to left side push right hip to right repeat hip push to right  
5      Right rock step forward (brush hands forward on thighs)  
6      Rock weight back on left (brush hands backwards on thighs)  
7&8      Pelvic thrust forward, back, forward (use arms to funk it up)

## TOE TOUCHES, STEP, PIVOT ¼ TURN

1&2      Right toe touch to right side, right step next to left, left toe touch out to left side  
&3-4      Left step next to right, step right forward, pivot ¼ turn to left  
5&6      Right sailor shuffle  
7&8      Left sailor shuffle

## WALKS, STEP, PIVOT ½ TURN, ½ TURN, STEP BACK, BALL, STEP

1-2      Walk forward right, left  
3-4      Step right forward, pivot ½ turn to left  
5-6      Right step forward ½ turn to left, step left back  
7&8      Step right back, left step next to right, step right forward

## KICK, CROSS, KNEE ROLLS, TOES OUT-IN, TOGETHER

1-2      Left kick forward at angle to left, left step forward slightly crossing over right  
3&      Right knee roll towards left in front of left leg, lifting right foot slightly off  
4      Roll right knee out stepping on right slightly to right (toe will point right)  
5-6      Roll left knee in, roll knee out  
7&8      Toes in, out, jump feet together (weight ends on left)

**REPEAT**

---