

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
