

No Panic

COPPER **NOB**
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Virve Maukkonen
音乐: Shooting From The Hip - Barry Upton & Wild At Heart



DIAMOND, HEEL HOOK COMBO

1-2 Touch right heel forward, touch right toe to side
3-4 Touch right heel back, touch right toe to side
5-6 Touch right heel forward, hook right across left
7-8 Touch right heel forward, step right beside left

DIAMOND, HEEL HOOK COMBO

9-10 Touch left heel forward, touch left toe to side
11-12 Touch left toe back, touch left toe to side
13-14 Touch left heel forward, hook left across right
15-16 Touch left heel forward, step left beside right

HIP BUMPS

17-18 Hip bump right twice
19-20 Hip bump left twice

STEP, SLIDE, STEP, SCUFF TWICE

21-22 Step forward right, lock step left behind right
23-24 Step forward right, scuff forward left
25-26 Step forward left, lock step right behind left
27-28 Step forward left, scuff forward right

STEP BACK, TAP, STEP FORWARD, STOMP

29 Step right back
30 Touch left heel forward
31 Step left forward
32 Stomp right beside left

JUMPING JACK, ½ UNWIND, CLAP

33-34 Jump feet apart, jump crossing right over left
35-36 Unwind ½ left, clap

GRAPEVINE RIGHT

37 Step right to side
38 Cross left behind
39 Step right to side
40 Scoot right while hitching left knee

GRAPEVINE LEFT, ¼ TURN LEFT

41 Step left to side
42 Cross right behind
43 Step left into ¼ turn left
44 Scoot left, while hitching right knee

ROCK FORWARD, STEP BACK, STOMPX2

45 Rock step forward on right

- 46 Step back on left
- 47 Stomp right beside left
- 48 Stomp left beside right (weight on left)

REPEAT
