

Poppit!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Moses Bourassa Jr. (USA) & Barbara Frechette (USA)
音乐: Get It Poppin' (feat. Fat Joe) - Nelly



TOE TOUCHES, SIDE STEPS, ¼ TO THE LEFT SAILOR SHUFFLE

1&2 Touch left toe to left side, step left quickly next to right, touch left toe to left side
3-4 Step left next to right, step right to right side
5-6 Touch left toe to the front, touch left toe to the left side
7&8 Step left behind right making ¼ turn to the left, step right to right side, step left next to right

ROCK STEP, RECOVER STEP, COASTER STEP, TOE TOUCHES, SIDE STEPS

1-2 Rock forward on left, recover on right
3&4 Step back on left, step back on right, step forward on left
5&6 Touch right toe to right side, step right quickly next to left, touch right toe to right side
7-8 Step right next to left, step left to left side

TOE TOUCHES, ¾ TO THE RIGHT SAILOR SHUFFLE, BODY ROLL

1-2 Touch right toe to the front, touch right toe to the right side
3&4 Step right behind left making ¾ turn to the right, step left to left side, step right next to left
5-6 Step left forward, step right (divide weight evenly but foot is weighted on right)
7&8 Body roll up as weight is on right, push up as weight is pushed forward, straighten up

FORWARD SHUFFLE, TOE TOUCHES, SAILOR SHUFFLE, HIP BUMPS

1&2 Shuffle forward left, right, left
3-4 Point right toe forward, point right toe to the right side
5&6 Step right behind left, step right to the right side, step left next to right
&7-8 Step right pushing hips to the right twice, touch left next to right

REPEAT
