

Promiscuous

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Promiscuous - Nelly Furtado



FORWARD STEP, SYNCOPATED STEPS, CROSS, ¼ TURN, TRIPLE ½ TURN

1 Step left forward
2&3 Step right to side, step left back, cross right over left
&4 Step left back, step right to side and slightly back
5-6 Cross left over right, turn ¼ left and step right back
7&8 Triple in place turning ½ left stepping left, right, left (3:00)

ROCK, RECOVER, HITCH, OUT, OUT, IN CROSS, STEP SCUFF HITCH, CROSS AND CROSS

1&2 Rock right forward, recover on left, hitch right
&3&4 Step right to side, step left to side, step right home, cross left over right
5&6 Turn ¼ right and step right forward, scuff left forward, turn ¼ right and hitch left
7&8 Cross left over right, step right to side, cross left over right (9:00)

TAP STEP, KNEES OUT, IN, OUT AND STEP ¼ TURN, ¼ TURN, TRIPLE ¾

&1 Touch right toe slightly side, step right to side
2 Turn ¼ right and step left together (12:00)
with bent knees
&3 Pop knees out and in
&4 Hitch left, step left to side
5-6 Turn ¼ right and step right to side, turn ¼ right and step left to side
7&8 Triple in place turning ¾ right stepping right, left, right

PRESS AND HITCH, WALK BACKS WITH ARMS, RUN FORWARD

1&2 Rock left forward, recover on right, hitch left
Turn body slightly left
3-4 Step left back, step right back
Keep body slightly left then right
5-6 Rock left back, recover onto right
Turn body slightly left
7&8 Step left forward, step right forward, step left forward
Arm movements:
3 Brush left shoulder with right hand
4 Brush right shoulder with left hand
5-6 Brush left shoulder with right hand times 2

¼ TURN, KNEE POPS, SIDE STEP, WALK BACK WITH SHOULDERS

1&2 Turn ¼ left and step right together, pop knees out, pop knees in
3-4 Step (large step) left to side, touch right together
5 Step right back
Turn body slightly right
6 Step left back
Turn body slightly left
7-8 Step back on right, hold
Turn body slightly right. On counts 7&8, rock shoulders right down with left up, left down with right up, right down with left up

STEP, TOUCH, HITCH, SAILOR STEP, TOUCH ½ TURN, COASTER STEP

- 1 Step left forward
- 2& Cross/touch right behind left, hook right behind left
- 3&4 Step right back, step left together, step right forward
- 5-6 Cross/touch left over right, hitch left
- 7&8 Turn $\frac{1}{2}$ left and step left back, step right together, step left forward

OUT, OUT, IN, IN, $\frac{3}{4}$ TURN, SHUFFLE FORWARD

- 1-2 Step right diagonally forward, step left to side
- 3-4 Step right to home, step left together
- 5&6& Step right to side, cross left over right, turn $\frac{1}{4}$ left and step right back, hitch left
- 7&8 Turn $\frac{1}{2}$ right and step left forward, step right forward, step left forward

BACKWARDS SCISSOR STEPS (2), SYNCOPATED FULL TURN

- 1&2 Step right diagonally back, step left together, cross right over left
- 3&4 Step left diagonally back, step right together, cross left over right
- 5&6 Turn $\frac{1}{4}$ left and step right back, turn $\frac{1}{4}$ left and step left to side, step right to side
- &7 Cross left over right, turn $\frac{1}{4}$ left and step right back
- &8 Turn $\frac{1}{4}$ left and step left forward, step right forward

REPEAT
