

Pump It Up

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Markus Raus (DE)
音乐: Get Yer Party On - The Baha Men



SLIDE RIGHT, SLIDE LEFT, KICK, KICK, SIDE STEP, SHOULDER MOVEMENTS

1&2 Slide right foot to right, diagonal rock step back with left foot
3&4 Slide left foot to left, diagonal rock step back with right foot
5& Kick right foot forward, back to center (weight on right)
6& Kick left foot forward, back to center (weight on left)
7 Step right with right foot, weight on both feet
& Right shoulder up left shoulder down
8 Left shoulder up right shoulder down

¾ TURN RIGHT, WALK, WALK, SHOULDER MOVEMENT RIGHT, LEFT, BODY ROLL

9-10 Cross right foot behind left foot, ¾ turn over right shoulder
11-12 Walk right foot, walk left foot
13 Step to right with right foot with pushing shoulders to right
14 Push shoulders to left
15-16 Body roll from up to down

RUNNING MEN, HEEL SWIVELS, BODY ROLL

17& Right foot forward left foot back, hitch left foot
18 Left foot forward right foot back
19 Swivel right heel to left (¼ turn) facing diagonal to the front
& Swivel left heel to left (¼ turn) facing front
20 Swivel right heel to left (¼ turn) facing diagonal to the right side
21 Swivel right heel to right (¼ turn) facing front
& Swivel left heel to right (¼ turn) diagonal to the left side
22 Swivel right heel to right (¼ turn) facing left
23&24 Body roll from up to down

HALF TURN TO LEFT, WALK, WALK, SHOULDER MOVEMENT, BODY ROLL

25-26 Touch left foot back, turn half turn to left
27-32 Repeat steps 11-16

REPEAT
