

Renate's Dance

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Beginner west coast swing
编舞者: Monica Wilson (USA)
音乐: Footprints On the Ceiling - Barbara Carr



RIGHT VINE, HIP BUMPS

1-2 Step right to right, step left behind right
3-4 Step right to right, touch left next to right
5-8 Bump hips left, right, left, right

LEFT VINE, HIP BUMPS

1-2 Step left to left, step right behind left
3-4 Step left to left, touch right next to left
5-8 Bump hips right, left, right, left

STEP TOUCH, STEP TOUCH, SHIMMY

1-2 Step right foot forward and slightly angled to the right, touch left next to right
3-4 Step left foot forward and slightly angled to the left, touch right next to left
5-8 Step back right, left, right, touch left next to right

While stepping back, shimmy shoulders

STEP TOUCH, STEP TOUCH, SHIMMY

1-2 Step left foot forward and slightly angled to the left, touch right next to left
3-4 Step right foot forward and slightly angled to the right, touch left next to right
5-8 Step back left, right, left touch right next to left

While stepping back, shimmy shoulders

STEP HITCH, STEP BUMP, REPEAT

1-2 Step right foot to right side, hitch left knee across right leg
3-4 Step left foot to left side, bump left hip out by shifting weight onto left hip
5-8 Repeat the above

JAZZ BOX, JAZZ BOX WITH A ¼ TURN RIGHT

1-2 Step right foot across left, step left foot back
3-4 Step right foot to right side, step left foot beside right
5-6 Step right foot across left, step left foot back
7-8 Step right foot making a ¼ turn to right, step left beside right

REPEAT
