

Rockin' Renegade

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数:
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音乐: You Keep Me Hangin' On - Reba McEntire



WALK FORWARD WITH HIPS

- 1 Step forward on right and roll hips from left to right
- 2 Step forward on left and shift hips back to left
- 3 Step forward on right and roll hips from left to right
- 4 Step forward on left and shift hips back to left
- 5-8 Repeat steps 1-4

KICKS WITH TOUCHES

- 1 Kick right foot forward
- & Step on right
- 2 Touch left toe to left side
- 3 Kick left foot forward
- & Step on left
- 4 Touch right toe to right side
- 5-8 Repeat steps 1-4

TOUCH WITH RIGHT & HOLD, FULL TURN WITH STOMP

- & Bring right knee up across left leg
- 1 Point right toes to right side
- 2 Hold
- & Bring right knee up across left leg
- 3 Point right toes to right side
- & Bring right knee up across left leg
- 4 Point right toes to right side
- 5 Step forward on right
- 6 Execute a full turn to the left
- 7 Step left forward
- 8 Stomp right and clap

SIDE TOUCHES, HEEL AND FORWARD, WALK FORWARD - KNEE ROLLS - ¼ TURN

- 1 Touch right toe to right side
- & Step right foot next to left
- 2 Touch left toe to left side
- & Step left next to right
- 3 Touch right heel forward
- & Step on right foot slightly farther back than left
- 4 Step forward, putting weight on left foot
- 5 Walk forward on right
- 6 Bring left toe up next to right foot (knee bent)
- 7 Roll left knee out to left
- 8 Roll right knee to meet left while making a ¼ turn to left (keep right knee bent)

½ TURN - HITCH, ROGER RABBIT

- 1 Reach right toe back
- 2 Make a ½ turn to right while hitching right leg
- 3 Step forward on right

- 4 Touch left foot next to right
- 5 Step left foot behind right and replace where right foot was
- 6 Step right foot behind left and replace where left foot was
- 7 Step left foot behind right putting all weight on it
- & Rock forward on right foot
- 8 Rock back on left foot

STEP SLIDE FORWARD - TOUCH, ¼ TOUCH TURN RIGHT

- 1 Step forward on right
- 2 Slide left next to right
- 3 Step forward on right
- 4 Touch left foot next to right
- 5 Touch left toe to left side while making 1st part of ¼ turn right
- & Bring left knee up
- 6 Touch left toe to left side while making 2nd part of ¼ turn right
- & Bring left knee up
- 7 Touch left toe to left side while making 3rd part of ¼ turn right
- & Bring left knee up
- 8 Step on left (make sure weight is on left)

REPEAT
