

Ruggin' It!

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 2 级数:
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音乐: If You Want To Touch Her, Ask! - Shania Twain



BALL-CROSSES TRAVELING RIGHT, CLAP

&1-2 Quickly take a small step to right on ball of right foot, cross left over right, *hold
&3-4 Repeat
&5 Quickly take small step to right on ball of right foot, cross left over right
&6&7 Repeat &5 two more times
8 Clap hands!

SIDE ROCK, CROSS, UNWIND, CROSS, UNWIND, FORWARD KICKS

1-2 Step to right on right foot in a rocking motion, recover weight to left leg
3-4 Cross right foot over left, unwind ($\frac{1}{2}$ turn to the left taking weight to right foot)
5-6 Cross left foot over right, unwind ($\frac{1}{2}$ turn to the right taking weight to left foot)
7&8& Kick right foot forward, quickly return right to place, kick left foot forward, return

RIGHT SHUFFLE FORWARD, $\frac{1}{2}$ PIVOT TURN TO THE RIGHT, STEP, KICK-BALL-CHANGE, STOMP

1&2 Right step forward, left step to right instep, right step forward
3-4 Step forward on ball of left foot, pivot $\frac{1}{2}$ turn to the right (take weight to right foot)
5 Step forward on left foot
6&7 Kick right foot forward, step down on ball of right foot, change weight to left foot
8 Stomp right foot next to left (note-when stomping do not put weight on foot)

FUNKY- PADDLE -TURN MOVING TO THE LEFT, FUNKY- PADDLE-TURN MOVING TO THE RIGHT*

&1 Quickly raise right knee, turning $\frac{1}{8}$ to the left touch right toe out to side
&2 Repeat
&3 Repeat
&4 Repeat taking weight on right foot (you should have made a $\frac{1}{2}$ turn)
&5 Quickly raise left knee, turning $\frac{1}{8}$ to the right touch left toe out to side
&6 Repeat
&7 Repeat
&8 Repeat taking weight on left foot. (you should now be facing wall #2)

REPEAT

For hold counts try Snapping fingers or clapping hands.

I call the paddle turn steps "funky paddle turns" due to the attitude that is danced with those steps. By attitude I mean upper body movement. For example, when right knee is raised, the right shoulder should be raised as well. When the foot touches out for the "paddle" step, the shoulder should be lowered. The opposite shoulder will move in opposite direction (right up-left down)