

Sassy Shimmy

COPPER KNOB
STEPSHEETS

拍数: 84 墙数: 4 级数:
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音乐: Any Man of Mine - Shania Twain



SUGAR FOOT TWICE

- 1 Touch right toe in to left instep
- 2 Touch right heel beside left with toes pointed out
- 3&4 Shuffle forward right, left, right
- 5 Touch left toe in to right instep
- 6 Touch left heel beside right with toes pointed out
- 7&8 Shuffle forward left, right, left

APART, CROSS, UNWIND, HOLD, TWICE

- 9 Jump with feet apart
- 10 Jump crossing right over left
- 11 Unwind ½ left
- 12 Hold
- 13 Jump with feet apart
- 14 Jump crossing right over left
- 15 Unwind ½ left
- 16 Hold

ROCK STEPS

- 17 Rock forward on left
- 18 Recover back onto right
- 19 Step left beside right
- 20 Shift weight to right
- 21 Rock forward on left
- 22 Recover back onto right
- 23 Step left beside right
- 24 Hold
- 25 Rock back on right
- 26 Recover forward onto
- 27 Step right beside left
- 28 Shift weight to left
- 29 Rock back on right
- 30 Recover forward onto left
- 31 Step right beside left
- 32 Shift weight to left

SHIMMY LEFT TWICE

- 33 Step left on left shaking shoulders and hips
- 34 Slide right beside left shaking shoulders and hips
- 35 Clap hands
- 36 Hold
- 37 Step left on left shaking shoulders and hips
- 38 Slide right beside left shaking shoulders and hips
- 39 Clap hands
- 40 Hold

ROCK STEPS

- 41 Rock forward on right
- 42 Recover back onto left
- 43 Step right beside left
- 44 Shift weight to left
- 45 Rock forward on right
- 46 Recover back onto left
- 47 Step right beside left
- 48 Shift weight to left

SHIMMY RIGHT TWICE

- 49 Step right on right shaking shoulders and hips
- 50 Slide left beside right shaking shoulders and hips
- 51 Clap hands
- 52 Hold
- 53 Step right on right shaking shoulders and hips
- 54 Slide left beside right shaking shoulders and hips
- 55 Clap hands
- 56 Hold

ROCK STEPS

- 57 Rock forward on left
- 58 Recover back onto right
- 59 Step left beside right
- 60 Shift weight to right
- 61 Rock forward on left
- 62 Recover back onto right
- 63 Step left beside right
- 64 Hold

TOE-HEEL STRUTS

- 65 Step forward on right toe
- 66 Slap right heel down
- 67 Step forward on left toe
- 68 Slap left heel down
- 69 Step forward on right toe
- 70 Slap right heel down
- 71 Step forward on left toe
- 72 Slap left heel down

SASSY WIGGLES

- 73 Step back on right and bump right hip
- 74 Step back on left and bump left hip
- 75 Step back on right and bump right hip
- 76 Step back on left and bump left hip

STEP, ¼ TURN, THREE TIMES, STOMP, CLAP

- 77 Step forward on right
- 78 Turn ¼ left
- 79 Step forward on right
- 80 Turn ¼ left
- 81 Step forward on right
- 82 Turn ¼ left
- 83 Stomp right (do not shift weight)

REPEAT
