

Shrek It Out

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Fred Knopp (AUS)
音乐: I'm a Believer - Smash Mouth



RIGHT SIDE, LEFT TOGETHER, LEFT SIDE TOUCH, LEFT CROSS, RIGHT SIDE, ½ TURN LEFT, RIGHT SHUFFLE FORWARD

1-2 Step right to right side, touch left next to right
3-4 Touch left to left side, step left over right
5-6 Step right to right side, pivot ½ turn left on ball of right stepping onto left (hinge turn)
7&8 Step forward on right, slide left next to right, step forward on right

LEFT ROCK/STEP FORWARD, ¼ TURN RIGHT MODIFIED COASTER STEP, RIGHT SHUFFLE FORWARD, LEFT ROCK/STEP FORWARD

9-10 Rock/step forward on left, rock back on right
11&12 Step back on left, step right next to left with ¼ turn right, step forward on left
13&14 Step forward on right, slide left next to right, step forward on right
15-16 Rock/step forward on left, rock back on right

LEFT SHUFFLE BACK, RIGHT ROCK/STEP BACK, PIVOT ½ TURN LEFT, PIVOT ¼ TURN LEFT

17&18 Step back on left, slide right next to left, step back on left
19-20 Rock/step back on right, rock forward on left
21-22 Step forward on right, pivot ½ turn left
23-24 Step forward on right, pivot ¼ turn left

RIGHT KICK-BALL-CROSS TWICE, RIGHT SIDE ROCK, ½ TURN RIGHT, PUSH HIPS LEFT

25&26 Kick right across left, step right to right side, step left over right
27&28 Kick right across left, step right to right side, step left over right
29-30 Rock/step right to right side, rock onto left
31-32 Pivot ½ turn right on ball of left stepping onto right (hinge turn), step on left pushing hips left

ROLL HIPS COUNTER TO THE RIGHT TWICE, RIGHT SAILOR STEP, LEFT BEHIND-SIDE-CROSS

33-34 Roll hips counter to the right for 2 counts
35-36 Roll hips counter to the right for 2 counts
37&38 Step right behind left, step left to left side, step right to right side
39&40 Step left behind right, step right to right side, step left over right

RIGHT SIDE ROCK, RIGHT BOX STEP, KNEE POPS RIGHT LEFT

41-42 Rock / step right to right side, rock onto left
43-44 Step right over left, step back on left
45-44 Step right to right side, step left to left side
47-48 Push right knee in, push left knee in

POP LEFT KNEE OUT IN, STEP RIGHT FORWARD, PIVOT ½ TURN LEFT, LEFT COASTER STEP, FULL TURN RIGHT (OPTIONAL)

49-50 Push left knee out, push left knee in
&51-52 Step back on left, step forward on right, pivot ½ turn left
53&54 Step back on left, step right next to left, step forward on left
55-56 Step right to right side with ½ turn right, step left to left side with ½ turn right

Optional

55-56 Step right to right side, step left behind right

RIGHT SIDE, LEFT SAILOR STEP, RIGHT LOCK BEHIND LEFT, PIVOT ½ TURN RIGHT LEFT TOE HEEL CROSS

- 57 Step right to right side
58-59 Step left behind right, step right to right side, step left to left side
60-61 Lock right behind left, pivot ½ turn right on ball of right
62-64 Touch left toe to left side, touch left heel to left side, step left over right

REPEAT

RESTART

On the 2nd and 4th repetition of the dance drop the last 8 counts and then restart the dance. Finish the dance with the knee pops facing the front
