

# Shreking

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Improver  
编舞者: Extreme Dancers (USA)  
音乐: Best Years of Our Lives - Baha Men



## SHUFFLE MOVING SLIGHTLY FORWARD AT ANGLES TO RIGHT/LEFT/RIGHT WITH ARM MOVEMENTS

Alternate: left hand under right elbow with right hand up/elbow bent

1&2            Right left right at right angle  
3&4            Left right left at left angle  
5&6            Right left right at right angle  
7&8            Left right left at left angle

## ROLLING VINE TO RIGHT AND LEFT WITH CLAPS

Optional arm movements: place hands on hips while doing the vine

9-12           Step right, left, right, touch left, clap  
13-16          Step left, right, left touch right, clap

## ROCK AND CROSS RIGHT, THEN LEFT, STEP PIVOT, THREE HIP BUMPS

17&18          Step right to right side, step left in place, cross right over left  
19&20          Step left to left side, step right in place, cross left over right  
21&22          Step right forward and pivot ½ turn step left  
23&24          Step right forward, right left right hip bumps

## REPEAT ROCK AND CROSSES WITH LEFT FOOT, STEP PIVOT AND THREE HIP BUMPS

25&26          Step left to left side, step right in place, cross left over right  
27&28          Step right to right side, step left in place, cross right over left  
29&30          Step left forward and pivot ½ turn step right  
31&32          Step left forward, left right left hip bumps

## RIGHT KICK BALL CROSS, ROCK RIGHT, VINE TO LEFT WITH ¼ TURN, STEP RIGHT FOR ½ PIVOT TURN

33&34          Kick right forward, step right in place, cross left in front of right  
35-38          Rock right foot to right side, step left in place, step right behind left, step left pointed to left for ¼ turn  
39&40          Step right forward and pivot ½ turn, step left

## RIGHT AND LEFT SHUFFLES MOVING FORWARD, ROCK FORWARD, ROCK BACK

41&42          Shuffle moving forward right, left, right then  
43&44          Shuffle moving forward left, right, left  
45-48          Rock forward on right, step left in place

## THREE TURNING SHUFFLES TRAVELING BACKWARD TO RIGHT, COMPLETING A ½ TURN, ROCK FORWARD, ROCK BACK

Optional arm movements: in front of you with palms facing sweep hands up ending with palms facing up, with elbows bent

## THEN THREE TURNING SHUFFLES TRAVELING BACKWARDS TO LEFT COMPLETING A 1&½ TURN, ROCK FORWARD AND ROCK BACK

Optional arm movements: sweep arms down to your side with elbows straight, palms facing backward

49-54          Shuffle back over right shoulder right, left, right, then left, right, left, then right, left, right, completing a 1&½ turn  
55&56          Rock forward on left, step back right

- 57-62 Shuffle back over left shoulder left, right, left then right, left, right then left, right, left completing a 1½ turn
- 63&64& Rock right forward, step left, rock back on right, step left

### **REPEAT**

### **RESTART**

On the third wall complete steps 1-32 then start again

### **TAG**

Done only once during dance, starting at the fifth wall

### **FOUR PADDLE TURNS FOR A ¾ TURN AND A FULL TURN OTHER WAY, SIDE SHUFFLES**

- 1&2&3&4 Hitch right while turning to left, touch right to right side, hitch right while turning to left, touch right to right side, hitch right while turning to left, hitch right while turning left, step right in place, completing a ¾ turn
- 5&6&7&8 Hitch left with ¼ turn to right, touch left to left side, hitch left for ¼ turn, touch left to left side, hitch left for ¼ turn touching left to left side, hitch left with ¼ turn to right side, step left in place, completing a full turn

### **SIDE SHUFFLES, ROCK BACK**

- 9-12 To right side shuffle right, left, right, rock left behind right, step right in place
- 13-16 To left side shuffle left, right, left, rock right behind left, step left in place, step right next to left

### **MODIFIED MACARENA ARM MOVEMENTS**

- 17-18 Right arm with elbows straight out in front, palms up, left arm with elbows straight out in front, palms up
- 19-20 Cross right hand to left shoulder, cross left hand to right shoulder
- 21-22 Touch right hand to left side of head, touch left hand to right side of head
- 23-24 Touch right hand to right back pocket, touch left hand to left back pocket

### **RIGHT HIP BUMPS, LEFT HIP BUMPS**

Optional hand movements: keep hands on hips

- 25&26 Step right slightly forward, bump right hip forward twice
- 27&28 Step back on left foot pointing to left side, bump left hip back twice
- 29&30 Step forward on right foot making a ¼ turn, bump right hip forward twice
- 31&32 Shift weight to left foot bump left hip backward twice

Begin again from the beginning

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