

Shuggie Bear

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Shuggie McCardle (UK)
音乐: Ten Feet Tall and Bulletproof - Travis Tritt



LEFT & RIGHT SHUFFLE FORWARD, ROCK STEPS, STEP BACK LEFT, ½ TURN LEFT, & TOUCH

1&2 Left shuffle forward, on a left, right left
3&4 Right shuffle forward, on a right, left, right
5-6 Rock forward on left, rock back on right
7-8 Step back on left, unwind ½ turn to the left, & touch

RIGHT & LEFT CHASSE WITH ROCK STEPS

10&11 Right foot step right, left next to right, right foot steps right
12-13 Rock back on left, rock forward on right
14&15 Left foot to left, right next to left, left to left
16-17 Rock back on right, rock forward on right

SWAYS WITH ¼ TURN, JAZZ BOX

18-19 Right foot step to the side and sway hips right, sway hips left (rocking down)
20-21 Sway hips right, sway hips left turning ¼ turn left (rocking up)
21-22 Right foot cross in front of left, left foot step back
23-24 Right foot step to the side, left foot touch beside right

LEFT CHASSE, ROCK BACK & FORWARD, ROCK FORWARD & BACK, ROCK & BACK FORWARD

25&26 Left foot step left side, right next to left, left foot step left side
27-28 Rock back on right, rock forward on left
29-30 Rock forward on right, rock back on left
31-32 Rock back on right, rock forward on left

HEEL SWITCHES, HIP BUMPS ROTATE OR UP & DOWN

33&34 Right heel tap forward, right foot step beside left and at same time tap, left heel forward
&35-36 Left foot step beside right and at same time tap right heel forward, clap
37-38 Hip bumps forward, and back, (going down on these two beats)
39-40 Hip bumps forward, and back, (going up on these two beats)

FORWARD, & ½ TURN LEFT BACK SHUFFLES, ROCK STEPS, STEP RIGHT, SCUFF LEFT

41&42 Right forward shuffle on right-left-right
43&44 ½ turn left back shuffle on left-right-left
45-46 Rock back on right foot, rock forward on left foot
47-48 Step right forward, scuff left forward

REPEAT
