

Smile

COPPER KNOB
STEPSHETS

拍数: 40 墙数: 4 级数: Improver
编舞者: Dorothy Petras (USA)
音乐: Smile - Vitamin C



WALK FORWARD, KICK FORWARD, STEP RIGHT, WALK BACK BUMP & BUMP &

1-2-3&4 Walk forward right, left, kick right foot forward, quick touch left heel and step right back
5-6-7&8& Step left back, right (shoulder width apart), bump hips, right & left & right & left (weight ending on left foot)
1-8 Repeat above counts 1 -8

PIGEON TOES TRAVELING TO RIGHT THEN LEFT

1-2-3&4 Both toes out, both toes in, both toes out, in, out (moving to right)
5-6-7&8 Both toes in, both toes out, both toes in, out, in (moving to left)

JUMPING JACKS WITH ½ TURN RIGHT - PUMP RIGHT FOOT TO SIDE WITH ½ TURN LEFT

1&2 Jump both feet out, jump both together, jump both feet out
&3&4 Turn ½ turn to right on the & count, facing back wall jump both feet out, jump both feet together, jump both feet out
5-6-7-8 Right toe out to right side, pump right foot as you turn ½ turn to left
You will be pumping right out to right side 4 times to complete ½ turn. Weight stays on left foot

2 1/8 TURNS TO LEFT (TOTAL ¼ TURN)

1-2- Step forward on right foot swaying hips from left (behind) to right (forward) as you turn 1/8 turn to left - weight ends on left foot
3-4 Repeat

WASHING MACHINE

5&6&7&8 Move hips to left behind and to right and forward (as if washing machine is off balance)

REPEAT
