

# Spice It Up

**COPPER** **KNOB**  
BY STEPHEN

拍数: 0                      墙数: 1                      级数: Intermediate  
编舞者: Sobrielo Philip Gene (SG)  
音乐: Spice Up Your Life - Spice Girls



Sequence: ABC, AABC, ABCC

Dedicated to all my line dancing friends in Singapore to add some spice into their life

## PART A

### ½ TURN STEP RIGHT, SIDE ROCK CROSS LEFT, SIDE ROCK CROSS RIGHT, FRONT SHUFFLE LEFT

1&2                      Step forward right make ½ turn left and step right forward right  
3&4                      Rock left to the left, rock back on right and cross left over right  
5&6                      Rock right to the right, rock back on left and cross right over left  
7&8                      Step left forward, step right behind left and step left forward  
9-16                     Repeat steps 1-8

### KICK/KICK, COASTER STEP RIGHT, KICK/KICK, COASTER STEP LEFT

17-18                    Kick right foot forward, kick right foot to right side  
19&20                   Step right behind left, step left beside right, step right in front  
21-22                    Kick left foot forward, kick left foot to left side  
23&24                    Step left behind right, step right beside left, step left in front

### ROCK, RECOVER ½ TRIPLE TURN TWICE

25-26                    Rock forward on right, recover on left  
27&28                    Make ½ triple turn over right shoulder stepping right, left, right  
29-30                    Rock forward on left, recover on right  
31&32                    Make ½ triple turn over left shoulder stepping left, right, left

## PART B

### JUMP FRONT, LEFT, RIGHT, BEHIND WITH HIP BUMPS

1-4                      Right foot forward, left beside right and shake hips right, left right  
5-8                      Left foot to the left, right beside left and shake hips left, right, left  
9-12                     Right foot to the right, left beside right and shake hips right, left right  
13-16                    Left foot to the back, right beside left and shake hips left, right, left

## PART C

Dance according to the chorus

### WEAVE LEFT, STEP-SLIDES WITH HIP ACTION TRAVELING RIGHT

"Slam it to the left"

1-2                      Cross right in front left, step left to left side  
3-4                      Cross right in behind of left, step left to left side

"Shake to the right"

5&                      Right step side right moving hips left, left slide next to right  
6&                      Right step side right moving hips left, left slide next to right  
7&                      Right step side right moving hips left, left slide next to right  
8&                      Right step side right moving hips left, left slide next to right

### STEP FORWARD LEFT RIGHT, STEP BACK LEFT RIGHT, ROLLING HIPS BUMPS

9-10                     Step left forward, right forward to the right (chicas to the front)  
11-12                    Step left back, right back to the right (uh uh)  
13-16                    Rolling hip bump to the right (slow) (go round / hi ci ya hold tight)  
17-32                    Repeat steps 1-16

