

Spice It Up

COPPER **KNOB**
BY STEPHEN METZ

拍数: 32 墙数: 2 级数: Beginner
编舞者: Michael Seurer (USA)
音乐: Up! - Shania Twain



MODIFIED JAZZ SQUARE

- 1 Cross right foot over in front of left and step
- 2 Step back slightly on left foot
- 3&4 Back shuffle(right, left, right)
- 5 Cross left foot over in front of right and step
- 6 Step back slightly on right foot
- 7&8 Back shuffle (left, right, left)

FORWARD STEPS WITH HEEL TAPS

- 9 Step forward on right foot with toe lead
- 10-12 Tap right heel 3 times
- 13 Step forward on left foot with toe lead
- 14-16 Tap left heel 3 times

CROSS TOUCHES

- 17 Touch right foot to the right
- 18 Cross right foot over in front of left and step
- 19 Touch left foot to the left
- 20 Cross left foot over in front of right and step
- 21-24 Repeat counts 17-20

KICK BALL CHANGE, MILITARY PIVOT ½ TO THE LEFT, STOMPS

- 25 Kick right foot forward
- & Step on ball of right foot next to left
- 26 Step on left foot
- 27&28 Repeat counts 25&26
- 29 Step forward on right foot while turning ½ to the left
- 30 Shift weight to left foot
- 31 Stomp right
- 32 Stomp left foot next to right and clap hands

REPEAT
