

Spice Up Your Line

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 3 级数: Advanced
编舞者: Michael Bromley (UK)
音乐: Spice Up Your Life - Spice Girls



Sequence: INTRO, ABBC ABB AB BB

The choreographer was age 10 when this dance was written

INTRO

Right at the beginning you will hear an introduction

1-4 Rock step, recover, triple in place
5-32 Repeat 1-4 seven more times

PART A

GRAPEVINE RIGHT KICK STEP TURN ½ LEFT KICK BALL CHANGE

1-2 Step right to right side. Cross left behind right
3-4 Step right to right side. Touch left beside right
5&6 Kick left foot forward and step down making ½ turn over right shoulder
7&8 Kick left foot forward and step on it. Touch right beside left

SIDE RIGHT LEFT, LEFT BEHIND TWICE VAUDAVILLE STEPS RIGHT STEP LEFT STOMP

9-10 Step right to right side. Cross left behind right
11&12 Step right to right side. Cross left across right step back on right and present left heel
13&14 Cross right over left step back on right and present right heel
15&16 Step forward right stomp left and change weight
17-32 Repeat counts 1-16 except turn ¼ not ½ and scuff don't stomp

TWICE CHARLSTON STEPS WITH CLAPS

33-34 Step forward left, kick right foot forward
35-36 Step back right, touch left foot behind right
37-40 Repeat steps 33 to 36

ROLLING VINE LEFT TOUCH, SIDE SLIDE RIGHT TOUCH

41-42 Step to the left side on left foot as you make a ¼ turn left. As you put your right foot back make an ½ turn
43-44 Step left foot to left side making another ¼ turn which completes a full turn and touch right toes next to left toes
45-48 Step right to right side and slide your left up to your right over 3 counts

PART B

LEFT ROCK CHA-CHA-CHA, RIGHT ROCK CHA-CHA-CHA

49-50 Rock weight onto left, then back onto right
51&52 Step left, right, left (cha, cha, cha.)
53-54 Rock weight onto right, then back onto left. Shimmying shoulders
55&56 Step right, left, right (cha, cha, cha.)

LEFT HEEL GRIND WITH A COASTER STEP, SWEEP RIGHT MAKING A FULL TURN LEFT

57-58 Rock forward on left heel, recover weight on right foot
59&60 Step back left, step right beside left, step left foot forward
61-64 Sweep right across left and make a full turn left over 4 counts
65-90 Repeat counts 49 to 50 again

PART C

PADDLE ¼ X4

- 91-92 Step right foot forward paddle ¼ left
93-98 Repeat counts 91 to 92 3 more times

CROSS SIDE SAILOR, CROSS SIDE SAILOR

- 99-100 Cross right over left, step left to left side
101&102 Step right behind left, step beside right, step forward on right
103-107 Repeat counts 99 to 102 again only on your left leg not your right

POINT HITCHES WITH A MONTEREY

- 108-109 Touch right toe to right side, hitch right knee
110-111 Touch right toe to right side, hitch right knee
112-113 Touch right toe to right side, on ball of left pivot half a turn right as you transfer your weight
 back onto your right
114-115 Touch left toe to left side, step left next to right
116-123 Repeat counts 108 to 115 again
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