

# Step It Up!

**COPPERKNOB**  
STEPSHETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Niki Yohn (USA) & Debi Bodven (USA)  
音乐: Higher - Gloria Estefan



## SYNCOPATED STEPS TRAVELING FORWARD

1-2      Touch right toe forward, hold  
&3      Step onto right, touch left toe forward  
&4&      Step onto left, touch right toe forward, step onto right  
5-6      Touch left toe forward, hold  
&7      Step onto left, touch right toe forward  
&8&      Step onto right, touch left toe forward, step onto left

## ROCK STEP, ½ TURN TRIPLE, SYNCOPATED TOE TOUCHES, HOOK, TURN

1-2      Rock forward right, recover weight on left  
3&4      Shuffle right, left, right while turning ½ turn right  
5&      Touch left toe to side, step left together with right  
6&      Touch right toe to side, step right together with left  
7-8      Touch left toe to side, hook left heel at outside of right knee while pivoting ¼ turn left on ball of right

## SHUFFLE FORWARD, ROCK STEP, TURNING SHUFFLE, ROCK STEP

1&2      Shuffle forward left, right, left  
3-4      Rock forward right, recover weight on left  
5&6      Shuffle right, left, right while turning ½ turn right  
7-8      Rock forward left, recover weight on right

## COASTER STEP, ½ TURN, KICK-CROSS-TOUCH, HIP BUMPS

1&2      Step left behind right, step side right, step left in place  
3-4      Step forward right, pivot ½ turn left leaving weight back on right  
5&6      Kick left forward, cross left over right, touch right (feet should be about shoulder width apart)  
7-8      Bump hips right while transferring weight, bump hips left while transferring weight

## REPEAT

---