

# Switch A Roo

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate/Advanced  
编舞者: Lisa-Jo Bowers  
音乐: Switch - Will Smith



- 1&2      Step left to left side, step right behind, step left to left side  
3-4      Hip bumps, right, left  
5&6      Step right to right side, step left behind, step right to right side  
7-8      Hip bumps, left, right
- 1&2      Step left, right, left, making  $\frac{1}{4}$  turn over left shoulder, (sailor step)  
3-4      Rock forward onto right, lean back on left  
5&6      Step right, left, right, making  $\frac{1}{4}$  turn over right shoulder, (sailor step)  
7-8      Rock forward onto left, lean back on right
- 1&      Step forward on left, pivot  $\frac{1}{2}$  turn over right shoulder  
2      Step left to left side  
3      Bend left knee, point hands towards left foot  
4      Lean on right leg, point left toe out, reach hands up in air towards the right  
5&      Step left behind right, step right to right side, (making  $\frac{1}{4}$  turn over left shoulder)  
6      Step left forward  
7&8      Step right to right side, step left to left side, (roll knees when stepping)
- 1&2-3      Heel bounces with shoulder shrugs, (make  $\frac{1}{4}$  turn right, weight ends on right)  
3      Cross left over right, making  $\frac{1}{4}$  turn over right shoulder  
4      Step right behind left, making  $\frac{1}{2}$  turn over right shoulder  
5&6      Slap right hand on right hip, slap left hand on left hip, bend knees  
7      Roll shoulders and knees in  
8      Roll shoulders and knees out
- 1-7      Weave, (right side, left behind, right side, left in front, right side, left behind, right side)  
8      Hitch left leg, left hand grabs left heel
- 1&      Drop left leg and lunge left, lunge right  
2      Bring left to right to meet  
3-4      Two small jumps (hops) making  $\frac{1}{4}$  turn over left shoulder  
5&6      Shuffle right  
7&8      Shuffle left
- 1      Step right to right side making  $\frac{1}{4}$  turn over left shoulder  
2      Step left to left side  
3-4      Rotate hips twice  
5-6      Bend right knee out, bend left knee out  
7-8      Crouch down, stand up
- 1&2      Small steps back, right, left, right, (feet end in line, shoulder width apart)  
3-4      Jump  $\frac{1}{2}$  turn over left shoulder, jump  $\frac{1}{2}$  turn over right shoulder  
5-8      Claps and hips, (hips left clap high left / hips right clap low right / hips left clap low left / hips right clap high right)

**REPEAT**

## **TAG**

- 1-4 Hold (after "heay", call out "heay" in echo)
- 5-6 Hitch left knee, Point left toe to side
- 7-8 Hitch left knee making  $\frac{1}{4}$  turn over right shoulder, Point left toe to side
- 9-10 Hitch left knee making  $\frac{1}{4}$  turn over right shoulder, Point left toe to side
- 11-12 Hitch left knee making  $\frac{1}{4}$  turn over right shoulder, Point left toe to side

**At end of 12th count, weight ends up on left leg**

## **SEQUENCE**

- Wall 1 Normal
- Wall 2 End of Section 2 restart dance, making  $\frac{1}{4}$  turn over Left shoulder
- Wall 3 Normal (after restart)
- Wall 4 After Section 4 insert Tag, continuing from Section 5 after Tag
- Wall 5 End of Section 2 restart dance, making  $\frac{1}{4}$  turn over left shoulder
- Wall 6 Normal (after restart)

**Music should end just after end of Section 8 on Wall 6**

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