

Take No Prisoners

COPPERKNOB
STEPSHEETS

拍数: 50 墙数: 2 级数: Improver
编舞者: Beverly D'Angelo (USA)
音乐: Addicted To Love - Kimber Clayton



HEEL-TOE STRUTS

- 1 Step forward on right heel
- 2 Slap right toe down onto floor
- 3 Step forward on left heel
- 4 Step left toe down onto floor
- 5-8 Repeat counts 1-4

WALK BACK, STEP-APARTS, KNEE POPS

- 9 Walk back on right foot
- 10 Walk back on left foot
- 11 Walk back on right foot
- 12 Walk back on left foot
- 13 Step slightly to the right on right foot
- 14 Step left foot shoulder width apart from right
- 15-16 Pop knees forward twice

HIP BUMPS

- 17-18 Bump hips to the right twice
- 19-20 Bump hips to the left twice
- 21 Bump hips to the right
- 22 Bump hips to the left
- 23-24 Repeat counts 21-22

SIDE TOE TOUCHES

- 25 Touch right toe to the right
- 26 Step right foot to home
- 27 Touch left toe to the left
- 28 Step left foot to home
- 29-32 Repeat counts 25-28

SHUFFLES IN PLACE

- 33&34 Shuffle in place (right-left-right)
- 35&36 Shuffle in place (left-right-left)
- 37-40 Repeat counts 33-36

RIGHT KICK-BALL-CHANGE, TO THE LEFT MILITARY PIVOT, TOGETHER, HOLD AND CLAP, HIP BUMPS

- 41 Kick right foot forward
- & Step on ball of right foot next to left
- 42 Shift weight onto left foot
- 43 Step forward on right foot
- 44 Pivot ½ turn to the left on ball of right foot and shift weight to left foot
- 45 Step right foot next to left
- 46 Hold and clap hands
- 47-48 Bump hips to the right twice
- 49-50 Bump hips to the left twice

REPEAT
