

Wake Up Ya Smurf

COPPER KNOB
STEPPERS

拍数: 48 墙数: 0 级数:
编舞者: Nicky Capper
音乐: Smurhillbilly Joe - The Smurfs



WALK 2,3,4 WALK BACK 2,3,4

- 1 Step forward on right foot
- 2 Step forward on left foot
- 3 Step forward on right
- 4 Kick left foot forward

- 5 Step back on left foot
- 6 Step back on right foot
- 7 Step back on left foot
- 8 Touch right foot in place

RIGHT VINE TOUCH LEFT VINE ¼

- 9 Step right foot to right side
- 10 Cross left foot behind right
- 11 Step right foot to right side
- 12 Touch left foot in place

- 13 Step left foot to left side
- 14 Cross right foot behind left
- 15 Step left foot to left side and make a ¼ turn left
- 16 Touch right foot in place

CHUG 2,3,4 RUNNING MAN BUMP BUMP

- 17 Make a ¼ turn to the left and touch right foot to right side
- 18-20 Repeat step 17, 3 times so you make a full turn

- 21 Step forward on right foot
- & Slide right foot back
- 22 Step forward on left foot
- & Slide left foot back
- 23 Step forward on right and bump your hips forward
- 24 Bump both hips forward

RUNNING MAN BUMP BUMP TOUCH BACK TURN BODY ROLL

- 25 Step forward on left foot
- & Slide left foot back
- 26 Step forward on right foot
- & Slide right foot back
- 27 Step left foot forward and bump hips forward
- 28 Bump both hips forward

- 29 Step right foot back
- 30 Unwind a ½ turn right
- 31-32 Forward body roll

SIDE & SIDE TURN FORWARD BACK (REPEAT)

& Touch right foot to right side
33 Step right foot in place
& Touch left foot to left side
34 Step left foot back in place
& Make a ½ turn to the right
35 Touch right foot forward
& Step back in place
36 Step left foot to left side (a little step)

37 Touch right foot to right side
38 Pivot a ½ turn right on ball of left foot, right foot is lifted off the floor
39 Touch left foot to left side
40 Step left foot back in place

BACKWARDS TOE STRUTS TWICE, STEP TOUCH APPLEJACK

41 Step back on right toe
42 Slap right heel down
43 Step left toe back
44 Slap left heel down

45 Step right foot to right side
46 Step left foot in place
47 With weight on ball of right foot and heel of left swivel feet to the left
& Bring both feet back in place
48 Transfer weight, ball of left and heel of right foot swivel feet to the right
& Bring both feet back in place

STEP TOUCH APPLEJACK STAMP STEP BUMP & BUMP

49 Step left foot to left side
50 Step right foot in place
51 With weight on ball of right foot and heel of left swivel feet to the left
& Bring both feet back in place
52 Transfer weight, ball of left foot and heel of right swivel feet to the right
& Bring both feet back in place

53 Step forward on right foot
54 Step forward on left foot
55-56 Bump hips forward twice

STEP STEP BUMP & BUMP STEP BACK SWEEP TOUCH

57 Step forward on right foot
58 Step forward on left foot
59-60 Bump hips forward twice
61 Step back on right foot
62-63 Sweep left foot behind right and make a ½ turn left
64 Step left foot in place

REPEAT
