

Wake Up Ya Smurf

COPPER KNOB
STEPSHEETS

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
