

We Are Family

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate/Advanced
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音乐: We Are Family - Sister Sledge



WALK FORWARD RIGHT, LEFT, RIGHT, FULL SPIRAL TURN, STEP & LEAN FORWARD, KICK LEFT, ¼ TURN LEFT WITH HEEL BOUNCES & LEFT HITCH

- 1 Step forward with right foot
- 2 Step forward with left foot
- 3 Step forward with right foot
- 4 Make a full spiral turn left on ball of right foot, keep weight right and cross left foot in front of right shin
- 5 Step forward on ball of left foot and press down, lean forward (bend left knee, straight right knee)

Optional arm movement: bring both arms over your head, hold right wrist with left hand, right palm facing forward, fingers straight and spread out

- 6 Bring weight on right foot, kick forward with left foot, bring both arms down
- 7 Hitch left knee, make 1/8 turn left with a heel bounce
- 8 Keep your knee up, make 1/8 turn left with a heel bounce

SIDE ROCK, CROSS ROCK, SIDE ROCK, CROSS, ½ TURN LEFT & HITCH RIGHT, HOLD, CROSS, HOLD

- 1 Rock to left side with left foot
- & Recover weight on right foot
- 2 Cross rock with left foot in front of right foot
- & Recover weight on right foot
- 3 Rock to left side with left foot
- & Recover weight on right foot
- 4 Cross left foot in front of right foot (weight on left foot)
- 5 Hitch right knee and make ½ turn left
- 6 Hold
- 7 Cross right foot in front of left foot (weight on right foot)
- 8 Hold

½ TURN RIGHT & STEP LEFT, HOLD, KNEE IN, KNEE OUT WITH ¼ TURN RIGHT & LEAN FORWARD, STEP TOGETHER, ½ TURN RIGHT, OUT, OUT, HOLD

- 1 Make ½ turn right on ball of right foot, step left with left foot (feet shoulder apart)
- 2 Hold
- 3 Turn right knee in
- 4 Turn right knee out (12:00, keep left foot in place), turn upper body ¼ right (12:00), lean over right ball (bend right knee, straight left knee)

Optional arm and head movement: look down, bring right hand up and next to the left side of your head, palm facing 9:00, elbow pointing down

- 5 Step with left foot next to right foot, bend both knees
- 6 Make ½ turn right on balls, straight both legs while turning
- & Step to right with right foot
- 7 Step to left with left foot
- 8 Hold

SKATER RIGHT, LEFT, SHUFFLE FORWARD, CROSS BEHIND, 1 ¼ TURN LEFT, HOLD

- 1 Skate forward and diagonal with right foot
- 2 Skate forward and diagonal with left foot

- 3 Step forward with right foot
- & Step left foot next to right foot
- 4 Step forward with right foot
- 5 Cross left ball behind right foot
- 6-7 Make 1 ¼ turn left on balls of both feet
- 8 Hold

REPEAT

Watch out for the video at www.incahoots.de
