

Whatcha' Gonna Do (Mary Lou)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数:
编舞者: Sal Gonzalez (USA)
音乐: Mary Lou - Delbert McClinton



WALK FORWARD, SHUFFLE, WALK FORWARD

- 1 Step forward on left foot
- 2 Step forward on right foot
- 3&4 Shuffle forward (left, right, left)
- 5&6 Shuffle forward (right, left, right)
- 7 Step forward on left foot
- 8 Step forward on right foot

SIDEWAYS SHUFFLES, ROCK STEP

- 1&2 Shuffle sideways to the left (left, right, left)
- 3 Cross right foot behind left and step turning body diagonally to the right
- 4 Rock forward onto left foot in place
- 5&6 Shuffle sideways to the right (right, left, right)
- 7 Cross left foot behind right and step turning body diagonally to the left
- 8 Rock forward onto right foot in place returning body to forward position

½ PIVOT, SHUFFLE BACK, ROCK, FORWARD TOE STRUTS

- & Pivot ½ turn to the right on ball of right foot
- 1&2 Shuffle backwards (left, right, left)
- 3 Rock back onto right foot in place
- 4 Rock forward onto left foot
- 5 Step forward with right toe
- 6 Drop right heel
- 7 Step forward with left toe
- 8 Drop left heel

SHAKE FORWARD, HOLD, ROLL HIPS

- 1-2 Step forward with right, lean forward shake shoulders
- 3 Step back with left foot, lean back (leave right foot out front)
- 4 Hold
- 5-8 Circle hips to the right 2 times (each circle takes 2 counts)

TOE STRUTS RIGHT, PIVOT TURN, TOE STRUTS LEFT, PIVOT TURN

- 1 Place ball of right to right side
- 2 Drop right heel
- 3 Place ball of left across in front of right
- 4 Drop left heel
- 5 Place ball of right to right side
- 6 Drop right heel turning ¼ right
- 7 Step forward with left
- 8 Sharp turn right ¾ and shift weight forward to right foot

TOE STRUTS LEFT, PIVOT TURN, TOE STRUTS RIGHT, PIVOT TURN

- 1 Place ball of left to left side
- 2 Drop left heel
- 3 Place ball of right across in front of left

- 4 Drop right heel
- 5 Place ball of left to left side
- 6 Drop left heel turning $\frac{1}{4}$ left
- 7 Step forward with right
- 8 Sharp turn left $\frac{3}{4}$ and shift weight forward to left foot

TOE STRUTS RIGHT, PIVOT TURN, TOE STRUTS LEFT, PIVOT TURN

- 1 Place ball of right to right side
- 2 Drop right heel
- 3 Place ball of left across in front of right
- 4 Drop left heel
- 5 Place ball of right to right side
- 6 Drop right heel turning $\frac{1}{4}$ right
- 7 Step forward with left
- 8 Sharp turn right $\frac{3}{4}$ and shift weight forward to right foot

FORWARD STEP, HOLD, HIPS DOWN, HIPS UP (WITH A LOT OF ATTITUDE)

- 1 Step forward shoulder width apart facing original wall (bend arms, palms down)
- 2 Hold
- 3-4 Body down to left (2 beats)
- 5-6 Body up to right (2 beats)
- 7-8 Shift weight to right foot

REPEAT
