

Yo Trippin'

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Carole Daugherty (USA)
音乐: Yo Trippin' - Anastacia



SIDE RIGHT SHUFFLE, ½ LEFT TURNING SHUFFLE, REPEAT

1&2 Shuffle right leading right, left, right
3&4 Shuffle left ½ turn leading left, right, left
5&6 Shuffle right leading right, left, right
7&8 Shuffle left ½ turn leading left, right, left

Styling option: bump hip of lead leg on whole counts of shuffles traveling in a box pattern

STEP RIGHT, LEFT ACROSS, RIGHT ROCK & CROSS, STEP LEFT, RIGHT BEHIND, LEFT ROCK & ½ TURN

1-2 Step right to right side, step left across right
3&4 Rock right to right side, step left together, cross right over left
5-6 Step left to left side, cross right behind left
7&8 Rock left to left side, step on right, turn ½ left stepping down on left

WALK RIGHT, LEFT, POINT RIGHT, 360 LIFTING TURN, STEP LEFT, RIGHT, LEFT CHA-CHA STEP

1-2-3 Step forward right, step forward left, point right to right side
4&5 Draw right leg closed behind left lifting to turn a full turn right taking weight right
6-7 Side step left, step right behind left
8&1 Side step left, together with right, step left

RIGHT BEHIND, LEFT SWING & ¼ TURN RIGHT, ANGLED KICK & POINT & CROSS, ½ LEFT TWIST & TWIST

2-3&4 Step right behind left, swing left out to side stepping next to right, step right making ¼ turn right, step forward on left
5&6 Kick right toe forward, step right home angling upper body 1/8 right, point left toe forward
&7&8& Bring left foot home, step right across left on ball of right, twist ¼ left, twist center, twist ¼ left taking weight left

STEP RIGHT, CROSS HITCH STEPS, KICK & TOGETHER WITH BODY BUMPS

1-2 Step forward on right, hitch left knee across right side of body while lifting shoulders
3-4 Step back on left pivoting ¼ right, hitch left knee across right side of body with shoulders
5-6 Step back on left pivoting ¼ right, hitch left knee kicking slightly forward
&7&8 Step down on left, together with right while dipping knees left, move knees right with shoulders dipped left, move knees left with shoulders dipped right. (legs remain pressed closed)

STEP OUT RIGHT, LEFT, BUMP & BUMP, STEP OUT RIGHT, LEFT, MODIFIED COASTER

1-2 Step forward on right diagonal with heel in toe out, step forward on left diagonal with heel in toe out
3&4 Dip slightly and bump hips back left, center, back left
5-6 Step right foot out to right side, step left foot out to left side
7&8 Step back wide on right, step back wide on left, step forward on right

LEFT FORWARD MAMBO, TAP & ¼ POINT & ¼ POINT, STEP, BRUSH, CROSS

1&2 Rock forward on left, ball step right home, step back on left
3&4&5 Tap right toe next to left, step down ¼ right on right, point left toe left, bring left toe home turning ¼ right, point right toe forward

6-7-8 Step down on right, brush left toe forward, cross left over right

UNWIND ¼ TWIST RIGHT 2X, LUNGE, TAP, TAP, STEP, KICK & TOUCH

1-2 Unwind twisting right ¼, repeat taking weight left

3-4 Lunge right foot to right side, touch right toe home

5-6 Tap out right with hip push, step out further right

7&8 Kick left foot forward, step left home, touch right next to left

REPEAT

Styling option: dance ends with step hitch on front wall. Pose on words "yo trippin"
