

The Junior Beast

COPPER KNOB
STEPSHEETS

拍数: 56 墙数: 4 级数: Intermediate/Advanced
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音乐: One Step Closer - S Club Juniors



BACK BACK X4 SKATE RIGHT, SKATE LEFT, SIDE SHUFFLE

- 1& Step back with your right foot, step back with your left foot
- 2& Repeat steps 1&
- 3& Repeat steps 1&
- 4& Repeat steps 1& (make sure weight is on left foot)
- 5-6 Skate forward right, skate forward left
- 7&8 Step right to right side, step the left next to right, step right to right

SIDE CROSS ROCK, RECOVER, ¼ SHUFFLE, STEP ½ TURN, KICK, COASTER STEP

- 1-2 Cross the left over the right and put weight on it, recover the weight back onto the right
- 3&4 Step left a ¼ turn to the left, step right next to left and then step left forward
- 5-6 Step forward right, turn a ½ turn over the left shoulder keeping weight on right and kick the left foot
- 7&8 Step left foot back, step right together, step the left foot forward

STREETWISE RUNNING MAN STEPS (THE START OF THE BEAST)

- 1 Jump feet shoulder width apart at diagonals (right foot forward left foot back)
- & Jump feet together hitching left knee
- 2 Jump feet shoulder width apart the opposite way (left foot forward right foot back)
- & Jump feet together hitching right knee
- 3& Repeat steps 1&
- 4& Repeat steps 1&
- 5& Repeat steps 2&
- 6& Repeat steps 1&
- 7& Repeat steps 2&
- 8& Repeat steps 2& (making sure weight is on left foot)

KICK BALL CHANGE, CROSS UNWIND, CLAP CLAP, BACK BACK, CLAP

- 1&2 Kick right forward, step on right and step forward on left
- 3-4 Cross the right over the left and unwind a full turn over the left shoulder (weight ends up on left)
- 5-6 Clap hands twice
- &7 Step back right and step back left
- 8 Clap hands

CROSS SIDE BEHIND AND KICK AND CROSS, CROSS SIDE BEHIND AND KICK

- 1-2 Cross the right foot over the left and step the left to the left side
- 3&4 Step right foot behind left, step left to left side and kick the right foot forward
- &5-6 Step on right, cross the left and step the right to the side
- 7&8 Step the left behind the right, step right to the right side and kick the left foot forward

AND CROSS, HOLD, AND CROSS, HOLD, HIP BUMPS

- &1 Step on the left foot and cross the right over the left
- 2 Hold
- &3 Step the left to the left side and cross the right over the left
- 4 Hold

5-6 Step the left to the left side bumping the hips left right
7-8 Bump the hips left right (make sure weight is on right foot)

SAILOR TWICE CROSS UNWIND BODY ROLL UP

1&2 Step left behind right, step right foot to the right side and step left forward
3&4 Step right behind left, step left foot to the left side and step right forward
5-6 Cross left behind and unwind a full turn (make sure weight stays on left foot)
7-8 Body roll upwards or bump hips right, left finish

REPEAT

TAG

On the second and fourth wall miss out the last 8 steps and just start the dance again also on the second wall after the tag hold for 2 counts then start again.
