

I'm A Dance Freak!

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Advanced
编舞者: Donna Caudill (USA)
音乐: Freak of Nature - Anastacia



WALK, WALK, PUSH AND REPLACE, SIDE ROCK & REPLACE, SAILOR STEP LEFT

1 Walk forward right
2 Walk forward left
3&4 Push step forward & replace right left right
5&6 Side rock left hold step right
7&8 Sailor step left

SAILOR STEP RIGHT ¼ TURN, STEP SIDE ROCK RIGHT & CROSS, STEP, HIP BUMPS OR SIDE BODY ROLL DOWN & UP

1&2 Sailor step on right with ¼ turn right
3 Step left forward
4&5 Side rock right & step, cross over left
6 Step side left
7&8 Hip bumps or side body roll down & up (weight on left)

TOE DIG & PUSH, SYNCOPATED WEAVE LEFT, STEP & SQUAT, SHIFT SHOULDERS RIGHT, SHIFT SHOULDERS LEFT, STAND UP

1-2 Toe dig right with push
3&4 Grapevine weave to left
5 Step left foot to left side & squat
6 Move shoulders to right
7 Move shoulders to left
8 Stand up

KNEE ROLL RIGHT, KNEE ROLL LEFT, KNEE ROLL RIGHT, KNEE ROLL LEFT, JUMP FEET TOGETHER

1-2 Knee roll right
3-4 Knee roll left
5 Knee roll right
6 Knee roll left
7&8 Jump feet together

WALK, WALK, TRIPLE STEP ½ TURN LEFT, TRIPLE STEP ½ TURN RIGHT, ROCK & STEP & POINT

1 Walk forward right
2 Walk forward left
3&4 Triple step turn ½ left
5&6 Triple step turn ½ right
&7&8 Rock & cross right over left & point left foot to left side

CROSS LEFT OVER RIGHT, STEP SIDE RIGHT, CROSS LEFT BEHIND RIGHT, WALK, WALK, TRIPLE STEP TURN

1-2 Cross left over right, step out right
3 Cross left behind right
4 Step back on right turn ¼ turn left with head roll
5 Walk forward left
6 Walk forward right
7&8 Triple ½ turn right

REPEAT

RESTART

Restart after count 32 on walls 2, 4, and 5
