

I'm Diggin' It

COPPER KNOB
STEPSHEETS

拍数: 76 墙数: 4 级数: Intermediate/Advanced
编舞者: Veronica Klein
音乐: Unknown



HEEL SWIVELS

1-4 Heel swivels to the right, begin with heels
5-8 Heel swivels to the left, begin with toes

SYNCOPATED GRAPEVINE

9-10 Step to right with right foot, cross left foot behind right
11&12 Step to right with right foot, place weight on left foot and then back on right foot
13-14 Step to left with left foot, cross right foot behind left
15&16 Step to left with left foot, place weight on right foot and then back on left foot

CROSS OVER AND POINT

17-18 Cross left foot over right, point right toe out to right side
19-20 Cross right foot over left, point left toe out to left side
21-22 Cross left foot behind right, point right toe out to right side
23-24 Cross right foot behind left, point left toe out to left side

POINT AND TURN, SINGLE HEEL RAISES

25-26 Point left toe to left side, turn ½ turn to left
27-28 Point right toe to right side, turn ½ turn to right
29-30 Lift left heel off floor, put heel back down
31-32 Lift right heel off floor, put heel back down

SAILOR STEPS

33-36 Kick right leg to front, kick right leg to side, right sailor step
37-40 Kick left leg to front, kick left leg to side, left sailor step

ROCK FORWARD, ROCK BACK, MILITARY PIVOT, ¼ TURN

41-42 Rock forward, back to midline
43-44 Rock backward, back to midline
45-46 ½ turn to left
47-48 ¼ turn to left

SLIDE STEP DIAGONAL

49-50 Right step to the right diagonally, slide left foot to the right
51-52 Repeat 49-50
53-54 Left step to the left diagonally, slide right foot to the left
55-56 Repeat 53-54

KICK AND CROSS, HIP BUMPS

57&58 Kick right foot, cross left foot in front of right
59 Place right foot out to the right side, hip bump to right at same time
&60 Hip bumps left, right
61&62 Kick left foot, cross right foot in front of left
63 Place left foot out to the left side, hip bump to the left at same time
&64 Hip bumps right, left

SAILOR STEPS, STEP, HEEL SPLITS

- 65-68 Kick right leg to front, kick right leg to side, right sailor step
69-72 Kick left leg to front, kick left leg to side, left sailor step
73 Place right foot next to left foot
74-76 Heel splits: open, close, open

REPEAT
