

I'm So Excited

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: I'm So Excited - The Pointer Sisters



Dedicated to The British Heart Foundation for August 11th 2002

WALK, CLICK, WALK, CLICK, FORWARD-ROCK, BACK-ROCK

- 1& Step forward on right, click fingers as you swing arms to right
2& Step forward on left, click fingers as you swing arms to left
3&4& Rock forward on right, recover weight onto left, rock back onto right, recover weight onto left

STEP, ¼ PIVOT, HEELS, TOES, TOUCH, KICK

- 5-6 Step forward on right, pivot ¼ left as you swivel heels to right
7& With feet slightly apart: swivel both heels to left, swivel both toes to left
8& Touch right next to left, kick right diagonally forward right

BEHIND-SIDE-CROSS, SIDE STRUT, CROSS STRUT, ROCK-¼-STEP, TRIPLE ¾

- 1&2 Cross right behind left, step left to side, cross step right over left
3& Touch left toe to side, drop heel to take weight
4& Cross touch right over left, drop heel to take weight
5&6 Rock left to side, recover weight onto right with ¼ turn right, step forward on left
7&8 On the spot: step right, left, right to make a ¾ turn left

SKATE, SKATE, LEFT-LOCK-STEP, FORWARD-ROCK-BACK- HITCH, BUMP 2,3 HITCH

- 1-2 With attitude: skate forward on left, skate forward on right
3&4 Step forward on left, lock-step right behind left, step forward on left
5& Rock forward on right, recover weight onto left
6& Step back on right, hitch left knee across right leg (almost to make the number 4)
7& Touch left toe forward bumping hips left and forward, bump hips right and back
8& Bump hips left and forward, bump hips right and back and hitch left knee across right leg (almost to make the number 4)

CROSS-SIDE-ROCK-TURN-SIDE-ROCK-CROSS-SWEEP (MODIFIED MONTEREY)

- 1& Cross step left over right, rock right to side
2& Recover weight onto left, turn ½ right on ball of left as you step right together
3&4& Rock left to side, recover weight onto right, cross step left over right, sweep right to forward

CROSS, BACK, FULL TURN

- 5-6 Cross step right over left, step back on left
7&8& On the spot: make a full turn right stepping, right, left, right, left

REPEAT
