

Hit 'em Up Style

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Jo Everhart (USA)
音乐: Hit 'Em up Style (Oops!) - Blu Cantrell



ROCK, STEP, TOUCH, KICK, CROSS, STEP, STEP

- &1&2 Rock back on right foot behind left foot, recover weight to left foot, touch right toe next to left foot, kick right foot out toward right front corner
- 3&4 Cross right foot over left foot, step back on left foot, step slightly to right on right foot

ROCK, STEP, TOUCH, KICK, CROSS, STEP, STEP

- &5&6 Rock back on left foot behind right foot, recover weight to right foot, touch left toe next to right foot, kick left foot out toward left front corner
- 7&8 Cross left foot over right foot, step back on right foot, step slightly to left on left foot

SKATE RIGHT, SKATE LEFT, SAILOR STEP

- 9-10 Swing right foot in toward left foot and then out to right front corner and step on right foot, swing left foot toward right foot and then out to left front corner and step on left foot
- 11&12 Rock behind left foot on right foot, recover weight to left foot, step to right on right foot

HIP ROLL, HIP ROLL/TURN, HIP ROLL, HIP ROLL/TURN

- 13&14& Roll hips to the left as you shift weight to left foot then back to right foot, roll hips to the left as you shift weight to left foot then back to right foot turning 1/8 wall to left
- 15&16& Roll hips to the left as you shift weight to left foot then back to right foot, roll hips to the left as you shift weight to left foot then back to right foot turning 1/8 wall to left

STEP, TOUCH, CROSS-BALL-CROSS

- 17-18 Step forward on left foot, touch right toe out to right side
- 19&20 Cross right foot over left foot, step to left on ball of left foot, cross right foot over left foot

STEP, CROSS BEHIND, TURN, COASTER STEP

- &21-22 Step left foot to left, cross right foot behind left foot, turn 1/2 wall over right shoulder (weight on right foot)
- 23&24 Step back on left foot, step right foot back next to left foot, step forward on left foot

BALL-STEP, LOCK STEP, KICK, ROCK-STEP

- &25-26 Step on ball of right foot next to left foot, step forward on left foot, step right foot in a locking position behind left foot
- 27-28& Kick left foot forward, rock to left on left foot, recover weight to right foot

TOE TOUCH, CAMEL WALK FORWARD (LEFT, RIGHT, LEFT)

- 29-30 Touch left toe at home position, step forward on left foot (camel step style)
- 31-32 Step forward on right foot (camel step style), step forward on left foot (camel step style)

STEP, ROCK, STEP, KICK, STEP, TOE TOUCH

- 33-34& Step to right on right foot, rock behind right foot on left foot, recover weight to left foot
- 35&36 Kick left foot forward, step left foot to left, touch right toe next to left foot

STEP, TOE TOUCH, SHUFFLE STEP (LEFT-RIGHT-LEFT)

- 37-38 Step to right on right foot, touch left toe next to right foot
- 39&40 Shuffle to left (left-right-left)

KICK, STEP, ROCK, STEP, KICK, STEP, ROCK, STEP

- 41&42& Kick right foot forward, step to right on right foot, rock behind right foot on left foot, recover weight to right foot
- 43&44& Kick left foot forward, step to left on left foot, rock behind left foot on right foot, recover weight to left foot

STEP, STEP TOGETHER, STEP, STEP TOGETHER, STEP

- 45-46 Step forward on right foot (toward right front corner), bring left foot up next to right foot
- 47&48 Step forward on right foot (toward right front corner), bring left foot up next to right foot, step forward on right foot (toward right front corner)

STEP, ROCK, STEP, KICK, STEP, TOE TOUCH

- 49-50& Step to left on left foot, rock behind left foot on right foot, recover weight to left foot
- 51&52 Kick right foot forward, step right foot to right, touch left toe next to right foot

STEP, TOE TOUCH, SHUFFLE STEP (RIGHT-LEFT-RIGHT)

- 53-54 Step to left on left foot, touch right toe next to left foot
- 55&56 Shuffle to right (right-left-right)

KICK, STEP, ROCK, STEP, KICK, STEP, ROCK, STEP

- 57&58& Kick left foot forward, step to left on left foot, rock behind left foot on right foot, recover weight to left foot
- 59&60& Kick right foot forward, step to right on right foot, rock behind right foot on left foot, recover weight to right foot

STEP, STEP TOGETHER, STEP, STEP TOGETHER, STEP

- 61-62 Step forward on left foot (toward left front corner), bring right foot up next to left foot
- 63&64 Step forward on left foot (toward left front corner), bring right foot up next to left foot, step forward on left foot (toward left front corner)

REPEAT

TAG

On wall 2, dance only counts 1-32 followed by this tag

- 1-2 Step right foot next to left foot slightly apart as you turn right heel in toward left foot, turn both heels to right as you turn $\frac{1}{4}$ wall to left (weight on right foot)
- 3-4 Step left foot back next to right foot, step right foot slightly to right
- 5-6 Turn right heel in toward left foot, turn both heels to right as you turn $\frac{1}{4}$ wall to left (weight on right foot)
- 7-8 Step left foot back next to right foot, touch right toe next to left foot
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