

Hold On To Your Hiney

COPPER KNOB
BY STEPHEN

拍数: 0 墙数: 4 级数: Intermediate/Advanced
编舞者: Cindi Talbot (CAN)
音乐: Hold On to Your Hiney - Wild Cherry



Sequence: AB AB AAB A to the end

PART A

WALK, LOOK, WALK, LOOK/ SHUFFLE FORWARD, PIVOT ½ TURN

1-2 Step forward right, step forward left looking to the right
3-4 Step forward right, step forward left looking to the right
5&6 Shuffle forward right-left-right
7-8 Step forward left, pivot ½ turn right putting weight on right

WALK, LOOK, WALK, LOOK/ SHUFFLE FORWARD, PIVOT ½ TURN

9-10 Step forward left, step forward right looking to the left
11-12 Step forward left, step forward right looking to the left
13&14 Shuffle forward left-right-left
15-16 Step forward right, pivot ½ turn left putting weight on left

ROCK FORWARD & BACK & SHUFFLE FORWARD (REPEAT ON LEFT)

17& Rock right foot forward, replace weight on left
18& Rock back on right, replace weight on left
19&20 Shuffle forward right-left-right
21& Rock left foot forward, replace weight on right
22& Rock left foot back, replace weight on right
23&24 Shuffle forward left-right-left

BIG STEP ¼ TURN/ SHAKE YOUR HIPS/ BIG STEP ½ TURN/ SHAKE YOUR HIPS

25-26 Take big step forward with right making ¼ turn left, slide left foot next to right
27& Put hands on hips and push hips left putting weight on left, push hips right changing weight
28& Push hips left, push hips right taking weight on right
29-30 Take big step to left side with left pivoting ½ turn on ball of left foot swinging right foot around to touch beside left
31& Put hands on hips and push hips right putting weight on right, push hips left
32& Push hips right, push hips left putting weight on left

PART B

REACH & PULL/ REACH & PULL/ SCUFF HITCH TURN/ HIP SHAKE

1 Reach forward with both hands at waist level while stepping forward with right
&2 Step left forward but slightly behind right, step right forward while pulling hands back to side of body
3 Reach forward with both hands
&4 Step left forward but slightly behind right, step right forward while pulling hands back to sides of body
5& Scuff left foot beside right, hitch left knee making ¼ turn right
6 Step down on left
7& Put hands on back of hips fingers pointing down pushing hips right then left
8& Push hips right then left

STEP ½ TURN/ STEP ½ TURN / SHUFFLE FORWARD / STEP ½ TURN

9-10 Step forward on right, pivot ½ turn left, putting weight on left

11-12 Step forward on right, pivot ½ turn left, putting weight on left
13&14 Shuffle forward right-left-right
15-16 Step forward on left pivot ½ turn right putting weight on right

REACH & PULL/ REACH & PULL/ SCUFF HITCH TURN/ HIP SHAKE

17-24 Repeat 1-16 on opposite side

STOMP HOLD (2X)/STEP ½ TURN/ STEP ½ TURN/ SHUFFLE FORWARD/ STEP ½ TURN

25-26 Step forward on left, hold
27-28 Step forward on right, hold
29-30 Step forward on left, pivot ½ turn right
31-32 Step forward on left, pivot ½ turn right
33-34 Shuffle forward left-right-left
35-36 Step forward on right, pivot ½ turn left putting weight on left
