

Groove Thing

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Intermediate
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音乐: Rapper's Delight - The Sugarhill Gang



TOE TOUCH, TOE SWITCHES, TAKE A LOOK

1-2 Touch left to left, step left slightly forward
3&4 Touch right to right, step right beside left, touch left to left
5-6 Touch left forward, touch left to left
7 Rock left to left turning head left
8 Step left beside right turning head back to front (weight is left)

TOE STRUT WITH ¼ TURNS RIGHT

1-2 Turn ¼ right and step on right toe, step down on right heel
3-4 Step left toe slightly forward, step down on left heel
5-8 Repeat counts 1-2, 3-4 exactly one time (weight is left)

¾ TURN LEFT WITH TOE PUMPS, TOE TOUCHES, ¼ TURN LEFT

While turning ¾ turn left on left (&1&2&3&4)

&1 Hitch right knee towards left, touch right toe to right (weight remains on left)
Easy option step right to right, pivot ½ turn left, step right forward, pivot ¼ left
&2 Hitch right knee towards left, touch right toe to right (weight remains on left)
&3 Hitch right knee towards left, touch right toe to right (weight remains on left)
&3 Hitch right knee towards left, touch right toe to right (weight remains on left)
5&6 Touch right to right, step right beside left, touch left to left (weight is right)
7-8 Pivot ¼ turn left circling hips counterclockwise as you turn

Weight remains on right

BODY ROLL, HIP BUMPS, TRAVELING HEEL JACKS

1-2 Execute a two count body roll of your choice (weight is right)
3-4 Bump hips back right twice (weight is right)
5&6 Touch left heel forward, step left in place, touch right toe back
& Step right behind left
7&8 Touch left heel forward, step left in place, touch right toe back

TOE TOUCHES, MONTEREY TURN RIGHT

1-4 Touch right to right, touch right beside left, touch right to right, step right beside left
5-6 Touch left to left, step left beside right
7-8 Touch right to right, pivot ½ turn right and step right beside left (weight is right)

REPEAT