

Diggin' It

COPPER KNOB
BY STEPHEN

拍数: 40 墙数: 4
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音乐: I'm Diggin' It - Alecia Elliott

级数: Intermediate/Advanced



OUT-OUT, IN-FORWARD, TO THE LEFT HIP ROLL, HEEL TWISTS, FOOT SLAPS, RIGHT & ARMS, BODY ROLL

- &1 Step left foot slightly out to left, step right foot slightly out to right
- &2 Step left foot home, touch right foot forward
- 3-4 Roll hips to the left
- &5 Twist right heel to right, twist right heel to left
- &6 Swing right foot out to right side and slap foot with right hand, swing right foot in front of left knee and slap foot with left hand
- &7 Step right foot to right pushing arms straight out in front with hands in fists (crossing right over left), pull arms in to sides
- &8 Body roll

DIAGONAL STEP-TOUCHES, SQUAT, TOUCH BEHIND, STEP, STAND & CLAP

- 1-2 Step right foot diagonally forward to right, touch left foot next to right foot and snap fingers
- 3-4 Step left foot diagonally forward to left, touch right foot next to left foot and snap fingers
- 5 Step right foot to right (feet shoulder width apart) in a half-squat position with hands on thighs
- 6 Keeping in squatted position and hands on thighs touch left toe crossed behind right foot
- 7 Step left foot to left (shoulder width apart) still in squatted position and hands on thighs
- 8 Stand up and clap hands

BODY ATTITUDE, KICK-BALL-TOUCH 2X

- 1 Lean left turning body slightly to right and take right arm straight up snapping fingers
- 2 Lean to right turning body slightly to left
- 3-4 Lean to left turning body slightly to right, hold
- 5&6 Kick right foot forward, step ball of right foot home, touch left toe out to left side
- 7&8 Kick left foot forward, step ball of left foot home, touch right toe out to right side

HALF BOX, FINGER SNAP, PENDULUM STEPS, HEAD ROLL, SHIFT WEIGHT, TOUCH

- 1-2 Step right foot big step forward, step left foot next to right foot
- 3-4 Step right foot to right side, snap fingers of right hand
- &5 Step left foot next to right foot, touch right toe to right side
- &6 Step right foot next to left foot, touch left toe to left side
- 7&8 Roll head around right to left, switch weight to left foot by pushing off with right foot, touch right foot next to left foot

HIP ROLLS, SIDE ROCKS, TOUCH TOGETHER

- 1-4 Turn $\frac{1}{4}$ to left in 4 counts rolling hips to the left 2x pushing off with right foot and weight on left foot
- 5 Step (rock) right foot to right side (weight evenly distributed)
- 6 Step right foot next to left foot
- 7 Step (rock) left foot to left side (weight evenly distributed)
- 8 Touch left foot next to right foot (weight to right foot)

REPEAT