

Dirty Pop

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate/Advanced
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音乐: Pop - *NSYNC



ROCK FORWARD, RECOVER, TOE, ¼ TURN LEFT, KICK, STEP, ROLL WITH THE BODY

- 1 Rock forward on the left foot
- 2 Recover with a step on the right foot
- 3 Place toe of left foot directly back
- 4 Turn ¼ left placing weight down on the left foot
- 5 Kick right leg in front of left
- 6 Step right foot beside left
- 7-8 Place hands on knees, leaning upper part of the body to the left, roll upper part of body around to the right and up

KICK AND STEP, KICK AND STEP, SCUFF AND STEP, LUNGE AND STEP

- 1 Kick right foot forward (arms: hands in fist position, cross right arm over left and push arms straight out)
- & Bring right knee to a hitch position (arms: hands in fist position, pull arms back to side while bent at the elbows)
- 2 Step right foot down next to left (arms: hands in fist position, place arms straight down)
- 3 Kick left foot forward (arms: hands in fist position, cross right arm over left and push arms straight out)
- & Bring left knee to a hitch position (arms: hands in fist position, pull arms back to side while bent at the elbows)
- 4 Step left foot down next to right (arms: hands in fist position, place arms straight down)
- 5 Scuff right foot forward
- & Bring right knee to a hitch position
- 6 Step right foot down next to left
- 7 Lunge out to left, placing left ball out to left side
- 8 Step left foot next to right

RUN TO THE RIGHT, ½ PIVOT LEFT, STEP, STEP, NOD HEAD UP AND BACK

Moving to the right

- & Place ball of right foot slightly forward
- 1 Step on left foot
- & Place ball of right foot slightly back
- 2 Step on left foot
- & Place ball of right foot slightly forward
- 3 Step on left foot
- & Place ball of right foot slightly back
- 4 Step on left foot
- 5 Step right foot forward
- 6 Turn ½ turn to the left, placing weight on left foot
- & Step right foot next to left
- 7 Step left foot next to right
- & Nod head up
- 8 Nod head back to home position

JAZZ ARMS WITH A KICK, TOES IN, HEELS IN, TOES IN, PUNCH

- 1 Place right fingers on left shoulder and left fingers on right shoulder
- & Place right fingers on right shoulder and left fingers on left shoulder

- 2 Bring arms down to side while placing hands in fist position
- & Bend arms at elbows (hands still in fist position) while hitching right knee
- 3 Leaning to the left, leave left arm bent, kick right leg out to right side while straightening right arm out to right side
- & Body back to home position, both arms bent at elbows, and right knee back to hitch position
- 4 Step right foot down while taking both arms down by side
- 5 (Moving to right) turn toes into each other
- 6 (Moving to right) turn heels into each other
- 7 (Moving to right) turn toes into each other
- 8 Leaning slightly to right, shifting weight to right foot, punch right arm diagonally down toward left foot (hand in fist position)

REPEAT
