

Dance Like This

COPPER KNOB
STEPSHEETS

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Martina Löfgren
音乐: Hips Don't Lie - Shakira



SKATE TWICE, SHUFFLE FORWARD RIGHT, HIPS BUMPS FORWARD LEFT, CHASSE LEFT

1-2 Skate forward on right, skate forward on left
3&4 Step right forward, close left beside right, step right forward
5-6 Step forward left bumping hips - left, right
7&8 Step left to left side, close right beside left, step left to left side

ROCK FORWARD RIGHT, RECOVER, SAILOR STEP RIGHT, ROCK FORWARD LEFT, RECOVER, COASTER LEFT WITH ¼ TURN

1-2 Rock right forward, rock back onto left
3&4 Cross right behind left, step left to left side, step right to place
5-6 Rock left forward, rock back onto right
7&8 Step back on left making a ¼ turn left, close right beside left, step left forward

CROSS STEP RIGHT, FLICK, MAMBO STEP, CROSS STEP RIGHT, KICK FORWARD LEFT, COASTER STEP LEFT

1-2 Cross right over left, flick left heel to left side
3&4 Rock left forward, recover on right, step left beside right
5-6 Cross right behind left, kick left forward
7&8 Step back on left, close right beside, step forward on left

CROSS AND UNWIND ½ LEFT, SHUFFLE FORWARD RIGHT, KICK FORWARD LEFT, STOMP RIGHT, HIP BUMPS FORWARD RIGHT

1-2 Cross right over left, unwind ½ turn left
3&4 Step right forward, close left beside right, step right forward
5-6 Kick left forward, stomp left beside right
7&8 Step forward right, bumping hips - right, left, right

KICK FORWARD LEFT, HITCH ¼ TURN LEFT, CROSS SHUFFLE RIGHT, ROCK RIGHT, RECOVER, SAILOR STEP RIGHT

1-2 Kick left forward, hitch left knee up making a ¼ turn left
3&4 Cross left over right, step right to right side, cross left over right
5-6 Rock right to right side, rock back onto left
7&8 Cross right behind left, step left to left side, step right to place

TOUCH, HEEL, TRIPLE STEP LEFT, LONG STEP RIGHT, SLIDE, TOUCH, HEEL, FLICK

1-2 Touch left toe beside right turning left knee in, touch left heel forward
3&4 Triple step in place, stepping - left, right, left
5-6 Step right to the right, slide left beside right
7&8 Touch left toe beside right turning left knee in, touch left heel forward, flick left heel to left side

FULL TURN, MAMBO STEP, SLIDE TWICE, TOUCH, HEEL, FLICK WITH ¼ TURN

1-2 Make ½ turn right stepping left back, make ½ turn right stepping right forward
3&4 Rock left forward, recover on right, step left beside right
5-6 Slide back on right, slide back on left
7&8 Touch right toe beside right turning right knee in, touch right heel forward, flick right heel to right side making a ¼ turn left

REPEAT
