

# Cocoa Puffs

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Zac Detweiller (USA)  
音乐: My Humps - Black Eyed Peas



## WALK, WALK, OUT, OUT, HOLD, RIGHT SAILOR STEP, LEFT KICK, OUT, OUT

1-2      Walk forward right, left  
&3      Step right foot out to right side, step left foot to left side  
4      Hold  
5&6      Step right foot behind left, step left foot to left, step right foot forward  
7&8      Kick left foot forward, step left foot to left, step right foot to right

## SIDE STEP, HOLD, SHRUG, SHRUG, SIDE STEP, HOLD, RIGHT ¼ SAILOR STEP

&1      Step left foot beside right, step right foot to right keeping feet shoulder width apart  
2      Hold  
&3&4      Shrug shoulders up, bring shoulders down, shrug shoulders up, down again  
&5      Step right foot beside left, step left to left side, keeping feet shoulder width apart  
6      Hold  
7&8      Step right foot behind left, making ¼ turn right step left foot to left, step right foot to right side

## OUT, OUT, LOOK, THRUST/BUMP, BODY ROLL, RIGHT ¼ SAILOR STEP

&      Step left foot to left side raising right hand above forehead with palm facing out  
1      Step right foot to right side (shoulder width apart) raising left hand beside right  
2      Look to left holding current position  
3&4      Thrust hips forward, return center, thrust forward (option: hip bumps right-left-right)  
5&6      Body roll, downwards, (option: hip bumps left-right-left)  
7&8      Step right foot to right, making ¼ turn right step left foot to left, step right foot to right side

## WALK, WALK, ROCK, RECOVER ½ LEFT, ¼ ROCK AND CROSS, POINT, POINT

1-2      Walk forward left, walk forward right (facing 6:00)  
3&4      Rock forward onto left foot, recover onto right, make ½ turn to left stepping forward  
5&6      Rock right foot to right making a ¼ turn to left, recover weight to left, step right foot across in front of left (facing 9:00)  
7&8      Point left foot to left side, step left beside right, point right foot to right side

## REPEAT

Special Thanks To: Michelle, Keri, Natalie, Guyton, and Maurice for your help, encouragement and support