

# Contagious

**COPPER KNOB**  
STEPPERS

拍数: 48      墙数: 0      级数:  
编舞者: Lynnette Rock (USA)  
音乐: Fever - Jeff Moore



## HIP HOP

1            Jump back on right foot and kick left foot out  
&            Step on left foot  
2            Step right foot across left foot  
&            Step on left foot keeping it behind the right foot  
3            Jump back on right foot and kick left foot out  
&            Step on left foot  
4            Step right foot across left foot

## VINE LEFT

5            Step left foot out to side  
6            Step right foot behind left foot  
7            Step left foot out to side  
8            Touch right foot next to left

## PULLS FORWARD

9            Step right foot forward  
&            Drag left foot up to right foot  
10          Step on left foot next to right foot  
11          Step right foot forward  
&            Drag left foot up to right foot  
12          Step on left foot next to right foot

## TURN & KICK

13          Step right foot forward and turn ¼ left  
14          Step on left foot  
15          Kick right foot forward  
&            Rock back on right foot  
16          Step on left foot

## SCOOT

17          Step right foot forward  
&            Chug left leg behind right  
18          Step left foot back  
19          Put left heel out, taking weight  
&            Drag right foot to left keeping weight on left heel  
20          Step on right foot

## SHAKES

21          Step left foot forward  
&22        Bump left hip back, then forward  
23          Step right foot forward  
&24        Bump right hip back, then forward

## BACKWARDS TURN

25          Step left foot back

- 26 Step right foot turning  $\frac{1}{4}$  right  
27 Step left foot turning  $\frac{1}{4}$  right  
28 Step right foot turning  $\frac{1}{2}$  right (turn a full turn to the right on 26, 27 & 28)

### **PULL FORWARD**

- 29 Step left foot forward  
& Drag right foot up to the left foot  
30 Step on right foot  
31 Step left foot forward  
& Drag right foot up to left foot  
32 Step on right foot

### **KICK TOUCHES**

- 33 Kick left foot forward  
& Step on left foot  
34 Touch right toe out to side  
35 Kick right foot forward  
& Step on right foot  
36 Touch left toe out to side

### **BODY ROLLS**

- 37 Step left foot out to side separating feet  
&38 Roll shoulders, stomach, and hips back  
39& Roll hips, stomach, and shoulders forward  
40 Drag left foot to right foot

### **JUMP TURNS**

- &41 Step on left foot with right heel out  
42 Cross right foot in front of left  
43 Unwind legs to turn  $\frac{3}{4}$  left  
44 Hold  
&45 Step on left foot with right heel out  
46 Cross right foot in front of left  
47 Unwind legs to turn  $\frac{1}{2}$  left  
48 Hold

### **REPEAT**

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