

# Contagious

**COPPER KNOB**  
STEPSHETS

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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