

Ain't No Mystery - Man!!

COPPER **NOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Ain't No Mystery - Smash Mouth



HITCH ¼ TURN, TOUCH, HINGE TURNS, STEP, TOUCH, HIP BUMPS

- 1-2 Making ¼ turn left while hitching right knee across left leg, touch right to right (facing 9:00)
3 Transferring weight to right, pivot 3/8th on ball of right turning left (backwards) touch left toe back (body will be angled to 5:30 and you will have turned almost ½ turn backwards)
4 Pivoting 3/8th on ball of right turning right (forward) touch left toe forward (facing 9:00)
5 Transferring weight to left pivot on ball of left make ½ turn right - backwards (facing 3:00)
6 Pivoting on ball of right make ¼ turn right (facing 6 '0' clock), stepping forward on left
7&8 Touch right toe forward to right diagonal, bump hips right, left, right (weight ends to right)

STEP, TOUCH'S X 3, FLICK TURN, STEP, 'TWIST' TURN, PRESS, HOLD, RECOVER

On steps &1-&3 you will be traveling backwards slightly

- &1 Step back on right, touch left toe forward, clicking fingers (body will be angled to 7:30 weight on right)
&2 Step back on left, touch right toe forward, clicking fingers (body will be angled to 5:30 weight on left)
&3 Step back on right, touch left toe forward, clicking fingers (body will be angled to 7:30 weight on right)
&4 Flicking left heel back make ½ turn right (facing 12:00), step forward on left
5&6 Twisting both heels left, right, left make ¼ turn right (weight ends on left, facing 3:00)
&7-8 Step/press right to right, hold, recover on left (weight on left) options: body roll or sway

SIDE, BEHIND, SIDE, CROSS, KICK, CROSS, BACK, STEP FORWARD, ½ PIVOT

- 1-2 Step right to right, cross left behind
&3-4 Step right to right, cross left over right, kick right leg to right diagonal
5-6 Cross right over left, step back on left
&7-8 Step right to right, step forward on left, ½ pivot right (facing 9:00)

STEP, STEP, TOE, HEEL, TOUCH, TOUCH, TOUCH, KNEE TWISTS

- 1-2 Step right to right, step left to left
3&4 Tap right toe by left instep, tap right heel by right instep, touch right to right

Option: tap right toe by left twice

- 5-6 Touch right toe over left, touch right toe to right
7-8 Turn right knee in to left leg, turn right knee out to right

REPEAT