

Addams Groove

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Nancy Morgan (USA)
音乐: Addams Family Groove - MC Hammer



GRIND HEEL, STEP OUT-OUT, STEP IN-IN, STEP HEEL STEP BEHIND WITH ¼ TURN, STEP HEEL, STEP, TOGETHER

- 1-2 Grind right heel forward from left to right
- &3 Step right foot back and out to right side, step left foot out to left side (feet should be shoulder width apart)
- &4 Step right in, step left next to right (feet are together and weight is on left)
- &5 Step back on right, touch left heel forward
- &6 Step down with left toe in place, step right foot behind left forward as you turn ¼ turn to your right
- &7 Step left to left side, touch right heel forward
- &8 Step down with right toe in place, step left foot together

SIDE STEP, HITCH ¼ TURN, STEP, HITCH ¼ TURN, STEP, TOUCH, STEP, HEEL, STEP, TOGETHER, SWIVEL

- 1-2 Step right foot to right side, hitch left as you turn ¼ turn to your right
- 3-4 Step down on left, hitch right as you turn ¼ turn to your right
- &5 Set right down, touch left toe next to right instep
- &6 Step back on left, put right heel forward
- &7 Step on right, put left next to right
- &8 Swivel both feet to left and back to center

STEP DIAGONALLY, SLIDE, SQUAT DOWN ¼ TURN AND TOGETHER, STEP DIAGONALLY, SLIDE, SQUAT DOWN ¼ TURN AND TOGETHER

- 1-2 Step forward on right and diagonally towards 2:00, slide left to right (weight is on right)
- 3 (As you turn ¼ turn to your right) step left foot to left side as you squat down (put hands on your upper thighs)
- 4 Slide right to left foot as you stand straight up (weight is on left)
- 5-6 Step forward on right and diagonally towards 2:00, slide left to right (weight is on right)
- 7 (As you turn ¼ turn to your right) step left foot to left side as you squat down (put hands on your upper thighs)
- 8 Slide right to left foot as you stand straight up (weight is on right)

OUT-OUT, IN-CROSS, UNWIND ½ TURN, CLAP, HOP FORWARD, HOP BACK, HOP FORWARD, HOP FORWARD

- &1 Step left out to left side, step right out to right side
- &2 Step left back in towards your right, cross right over left
- 3-4 Unwind ½ turn to your left, clap
- &5 Hop forward left, right
- &6 Hop back left, right
- &7 Hop forward left, right
- &8 Hop forward left, right

REPEAT

TAG

- 1-2 Step forward left, put right next to left
- 3-4 Step left out to left side, step right out to right side

5-6	Step left to right (next to where the right would be), cross right over left
7-8	Turn $\frac{1}{2}$ turn to your left, body roll
