

# Amy

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Higher Intermediate  
编舞者: Kate Sala (UK) - July 2009  
音乐: If U Seek Amy - Britney Spears



## Walk x 2, Kick & Touch Back, Pivot 1/4 Turn L, Cross, Side Step, Tap Ball Cross.

1 2 3 & 4      Walk forward on R, L. Kick R forward, Step R in next to L. Touch L back.  
5 6 7      Pivot 1/4 turn L. Cross step R over L. Step L to L side.  
8 &      Tap R toe next to L instep. Small step R & slightly back on ball of R.  
1      Cross step L over R.

## Side Step R, Touch Back, Pivot 1/2 Turn L, Step, Pivot 1/4 Turn L, Cross step, Touch L.

2 3 4      Step R to R side. Touch L toe back. Pivot 1/2 turn L. (Weight on L).  
5 6      Step forward on R. Pivot 1/4 turn L.  
7 8      Cross step R over L. Touch L toe to L side.

## L Kick Ball Step, Heel Swivels, Side Rock R, Recover, Side Rock L, Recover.

1 & 2      Kick L forward. Step down on ball of L. Step forward on R.  
3 4      Swivel heels R. Swivels heels L back to centre.  
5 6 &      Side rock R on R. Recover on to L. Step R next to L.  
7 8      Side rock L on L. Recover on R.

## Walk back x 2, 1/2 Turn R On Heels, Step, Shuffle Forward, Rock Forward.

1 2      Walk back on L, R.  
3 4      Lift toes of the floor & pivot 1/2 turn R on the heels. Step forward on L.  
5 & 6      Step forward on R. Step L next to R. Step forward on R. (6 O'clock).  
7 8      Rock forward on L. Rock back on R.

## Step Back, Cross Step, Step Back, Ball Turn 1/4 R, Jazz Box 1/4 Turn R.

1 2 3      Step back on L. Cross step R over L. Step back on L.  
& 4      Turn 1/4 R stepping on ball of R next to L. Step forward on L.  
5 6      Cross step R over L. Turn 1/4 R stepping back on L.  
7 8      Step R to R side. Step forward on L. (12 O'clock).

## Shuffle Forward, Rock Forward L, Recover & Rock Forward R, Recover, Full Turn Back Over R.

1 & 2      Step forward on R. Step L next to R. Step forward on R.  
3 4 &      Rock forward on L. Recover on to R. Step L in next to R.  
5 6      Rock forward on R. Recover on to L.  
7 8      Turn 1/2 R stepping forward on R. Turn 1/2 R stepping back on L.

## Turn 1/4 R, Knee Pops, Cross, Side Touch R, Cross, Side Touch L, Step Back, Touch In front.

1      Turn 1/4 R stepping R out to R side. (3 O'clock).  
& 2      Pop both knees forward lifting heels of the floor. Drop heels.  
3 4 5 6      Cross step L over R. Touch R out to R side. Cross step R over L. Touch L to L side.  
7 8      Step back on L. Touch R toe forward with R knee relaxed.

## Hip Bump, R Kick Ball Change, Rock Forward, Turn 1/2 R, Step, Pivot 1/2 Turn R & Touch.

& 1      Bump hips forward & up. Bump hips back. (Weight on L).  
2 & 3      Kick R forward. Small step back on ball of R. Step L down in place.  
4 5 6      Rock forward on R. Rock back on L. Turn 1/2 R stepping forward on R.  
7 & 8      Step forward on L. Pivot 1/2 turn R keeping weight on L & touch R toe next to L instep.

Start Again Enjoy!!!

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