

You Know

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Helen A. Walker (UK) - December 2009
音乐: You Know Me - Robbie Williams : (Album: Reality Killed the Video Star)



Alternatives:

Brazil, The Ritchie Family
The more boys I meet, Carrie Underwood
Pocket Full of Sunshine, Natasha Beddingfield
Lipstick, powder and paint, Delbert McClinton

S1: Side steps and touches

1-4 Right steps right, touch left to right. Left steps left, touch right to left
5-8 Step out turning 1/4 right with right, touch left to right, step left to left, touch right to left.

S2: Heel struts

1-4 Right heel forward and snap toe down, left heel forward snap toe down
5-8 Repeat 1-4

S3: Jazz boxes in place

1-4 Right cross over left, step left back, right step to right side left step forward.
5-8 Repeat 1-4

S4: Hips bumps and body roll or hip rotations

1-4 Two hip bumps right, two hip bumps left
5-8 Rotate hips anti clockwise (or wiggle whatever bits you fancy)

End of dance begin again and have fun, Helen!
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