

The Baltimore

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4
编舞者: Unknown - July 2011
音乐: I Want - Chaka Khan

级数: Beginner Soul (aerobics)



48 count intro start on vocals

TOUCH OUT, IN, OUT, TOG, TOUCH OUT, IN, OUT, TOG, TOUCH OUT, TOG, TOUCH OUT, TOG, HEEL, TOG, HEEL, TOG

- 1&2& Touch right toe to right, touch right toe next to left instep, touch right toe to right, right to toe right, step right foot next to left
- 3&4& Touch left toe to left, touch left toe next to right instep, touch left toe to left, step left next to right
- 5& Touch right toe to right, step right next to left
- 6& Touch left toe to left, step left next to right
- 7&8& Touch right heel forward, step right next to left, touch left heel forward, step left next to right

RIGHT HITCH, STEP, LEFT HITCH, STEP, SQUAT DOWN, UP, HIP & HIP, HIP & HIP

- 1&2& Raise right knee, Step right next to left
- 3&4 Squat down, straighten up (body roll up)
- 5&6 Bump right hip forward, replace weight to left, bump right hip forward
- 7&8 Bump left hip forward, replace weight to right, bump left hip forward

KICK, &, STEP, SWIVEL 1/4 RIGHT, SWIVEL 1/4 LEFT, KICK, &, STEP, SWIVEL 1/4 RIGHT, SWIVEL 1/4 LEFT

- 1&2 Kick R forward, place R beside L, Step forward L,
- 3-4 (Feet stay in position, on balls of feet) Swivel heels left turning ¼ right, swivel heels right turning ¼ left
- 5&6 Kick R forward, place R beside L, Step forward L,
- 7-8 (Feet stay in position, on balls of feet) Swivel heels left turning ¼ right, swivel heels right turning ¼ left

KICK, &, STEP, SWIVEL 1/4 RIGHT, SWIVEL 1/4 LEFT, KICK, &, STEP, PIVOT 1/4, TOGETHER

- 1&2 Kick R forward, place R beside L, Step forward L,
- 3-4 (Feet stay in position, on balls of feet) Swivel heels left turning ¼ right, swivel heels right turning ¼ left
- 5&6 Kick R forward, place R beside L, Step left forward
- 7-8 pivot ¼ right (weight to right), step left next to right (weight to left)

REPEAT