

Got Me Trippin'

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Scandalous - Mis-Teeq



Start on vocals - Sequence: 48, 64, 45+TAG 1, 64, 45+TAG 1, 32+TAG 2, 64

WALK, ROCK AND $\frac{1}{4}$, STEP, $\frac{1}{4}$, $\frac{1}{2}$, HOLD, BALL STEP, $\frac{1}{2}$ PIVOT

1-2 step right forward, step left forward
&3-4 rock right to side, recover to left making $\frac{1}{4}$ turn left, step right forward
5&6 turn $\frac{1}{4}$ right stepping left to side, turn $\frac{1}{2}$ right stepping right to side, hold
&7-8 step left together, step right forward, pivot $\frac{1}{2}$ left

$\frac{1}{2}$, BACK, HOLD, BALL STEP, STEP, ROCK, $\frac{1}{4}$ SIDE ROCK, CROSS ROCK, $\frac{1}{4}$

1&2 turn $\frac{1}{2}$ left stepping back on right, step left back, hold
&3-4 step right together, step left forward, step right forward
5& rock left forward, recover
6& turn $\frac{1}{4}$ left rocking left to side, recover
7&8 cross rock left over right, recover, turn $\frac{1}{4}$ left stepping left forward

STEP, $\frac{1}{2}$ PIVOT, $\frac{1}{4}$ AND CROSS, $\frac{1}{4}$, $\frac{1}{2}$, TOGETHER, STEP, $\frac{1}{4}$ BACK, LOCK, FULL TRIPPLE TURN

1-2&3 step right forward, pivot $\frac{1}{2}$ left, turn $\frac{1}{4}$ left stepping right to side, cross left over right
4&5 turn $\frac{1}{4}$ right stepping forward on right, turn $\frac{1}{2}$ right stepping back on left, step right together
6&7 step left forward, turn $\frac{1}{4}$ right stepping back on right, lock left over right
8&1 full triple turn over right shoulder (right, left right)

STEP, $\frac{1}{4}$ $\frac{1}{4}$ STEP, FORWARD, $\frac{1}{4}$, $\frac{1}{2}$ PIVOT, $\frac{1}{2}$ TOGETHER

2&3 step left forward, turn $\frac{1}{4}$ left stepping right to side, turn $\frac{1}{4}$ left stepping left to side
4 step right forward
5-6 step left forward, turn $\frac{1}{4}$ right stepping forward on right
7-8 pivot $\frac{1}{2}$ left, make $\frac{1}{2}$ turn left on ball of left foot stepping right next to left

OUT-OUT (AND BACK), HOLD, BALL STEP WITH $\frac{1}{8}$, STEP, $\frac{1}{8}$, $\frac{1}{4}$, HOLD, BALL STEP WITH $\frac{1}{4}$, STEP

1&2 step left back towards left diagonal, step right back towards right diagonal (feet should be shoulder width apart), hold
&3-4 step left together, turn $\frac{1}{8}$ left stepping forward on right, step left forward
5&6 turn $\frac{1}{8}$ left stepping right to side, turn $\frac{1}{4}$ left stepping left to side, hold
&7-8 step right together, turn $\frac{1}{4}$ left stepping forward on left, step right forward

CHASE, WALK, $\frac{1}{2}$, HIP PUSHES, $\frac{1}{4}$, $\frac{1}{4}$

1&2 step left forward, pivot $\frac{1}{2}$ right, step left forward
3-4 step right forward, step left forward
5-6 make $\frac{1}{2}$ left on ball of left foot stepping right to side while pushing hips right, push hips left
7-8 turn $\frac{1}{4}$ right stepping forward on right, turn $\frac{1}{4}$ right stepping left to side

Restart happens here on wall 1

BACK CROSS ROCK, BUTTERFLY STEP, CROSS, ROCK AND CROSS, $\frac{1}{4}$, $\frac{1}{2}$

1& cross rock right behind left, recover
2&3 step right to side slightly dipping down and popping both knees out, while still dipped down step left slightly together while popping both knees inward, raise back up while stepping right to side
4 cross left over right
5&6 rock right to side, recover, cross right over left

7-8 turn $\frac{1}{4}$ left stepping forward on left, turn $\frac{1}{2}$ left on ball of left foot stepping right to side

BEHIND-1/8-STEP, STEP, ROCK AND $\frac{1}{4}$, CROSS, $\frac{1}{4}$, $\frac{3}{8}$, TOGETHER

1&2 cross left behind right, turn $\frac{1}{8}$ right stepping forward on right, step left forward

3 step right forward

4&5 rock forward on left, recover, turn $\frac{1}{4}$ left stepping left to side

6-7 cross right over left, turn $\frac{1}{4}$ left stepping forward on left

8& turn $\frac{3}{8}$ left stepping slightly back on right, step left together

REPEAT

RESTART: Restart after count 48 on wall 1

TAG 1: Happens on walls 3 and 5 after count 45

1-2 hold for two counts

3-4 slowly transfer weight from right to left, or do 2 hip rolls ending with weight on left then restart from beginning

TAG 2: Happens on wall 6 after count 32

1-2 step left to side pushing hips left, step right to side pushing hips right

3-4 step left to side, turn $\frac{1}{2}$ left on ball of left foot and point right to side
