

# Cups

拍数: 32      墙数: 2      级数: Intermediate  
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音乐: Cups (Movie Version) - Anna Kendrick



## Side, Kick & Kick & Touch Touch, 1/4 Turn, Body Roll

1            Step R to R  
2&3&       Kick L forward, step L next to R, Kick R forward, Step R next to L  
4&5        Touch L to left Side, Touch L next to R, ¼ turn left stepping L forward (9 O'clock)  
6-7-8      Body Roll forward starting from head down to feet

## Ball Step, Heel & Hitch & Switch, Bump Bump, Slow 3/8 Turn

&1         Step R forward, Step L forward (no weight on L foot)  
2&3&4      Swivel L heel to left, Heel back to center, Hitch L knee, Step L next R, Touch R forward  
&5         Bump hips up to right, Bump down center  
6-7-8      Slow 3/8 turn left, transferring weight onto R foot (4:30)

## Ball step, walk, shuffle, rock, recover, shuffle back

&1-2       Step L next R, Step R forward, Walk L forward  
3&4        Step R forward, Step L next R, Step R forward  
5-6        Rock L forward, Recover back onto R  
7&8        Step L back, Step R next L, Step L back

## Sweep, rock back, step and turn

1-2        Step R back sweeping L foot from front to back over 2 counts  
3-4        Rock L back, Recover forward onto R  
5-6-7-8   Step L forward, Slow (slightly more than) Full Turn to right on both feet, squaring up to  
6           O'clock. Feet finish crossed R in front of L. with weight on L foot. (6 O'clock)

## REPEAT AND ENJOY !

## TAG after 2nd wall, facing 12 O'clock

### Side, Arms

1            Step R to right, feet apart with R arm raised and bent so that R hand is horizontal across chest, palm down and fingers pointing to the left  
2&3&4&      With L hand tap twice on R fingers ( 2&), Tap forearm (3), Tap elbow (&), Tap forearm (4), Tap fingers (&)  
5            Bring L hand quickly round to Tap under R fingers, sending R forearm into a clockwise circle (keeping the arms bent, only the R forearm moves)  
6-7-8      Complete clockwise circle with R forearm over 3 counts, finishing with R hand under L

### Ball Side, Arms, Ball (Side)

&1         Step R next L, Step L to L side, both arms are now bent in front of your chest, palms facing floor, R hand under L  
2&3&4&      Bring R hand quickly out from under L and tap twice on L fingers ( 2&), Tap forearm (3), Tap elbow (&), Tap forearm (4), Tap fingers (&)  
5            Bring R hand quickly round to Tap under L fingers, sending L forearm into a counterclockwise circle (keeping the arms bent, only the L forearm moves)  
6-7-8      Complete clockwise circle with L forearm over 3 counts, with L hand finishing under R  
&1         Step L next R, Step R to right side. (This is the first step (1) of the main dance)