

Never Miss A Beat

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Katie Terrett (WLS) - November 2014
音樂: Shake It Off - Taylor Swift



Intro: 16 Counts.

SECTION 1: Toe Touches, Out, In, Heel, Hook. Vine R.

1-2 Touch R Toe out (to R side) Touch R in (next to L)
3-4 Dig R heel forward. Hook R across L.
5-6 Side R, behind L
7-8 Side R, touch L next to R.

SECTION 2: Toe Touches, Out, In, Heel, Hook. Vine L, Turn 1/4. Scuff.

1-2 Touch L Toe out (to L side) Touch L in (next to R)
3-4 Dig L heel forward. Hook L across R.
5-6 Side L, behind R
7-8 Turn 1/4 L, Scuff R. (9.00)

SECTION 3: Stomp, Shimmy, Turn 1/2. Stomp, Shimmy, Turn 1/4.

1-2 Stomp R forward, Shimmy shoulders (shake it off)
3-4 Turn 1/2 L. Hold. (3.00)
5-6 Stomp R forward, Shimmy shoulders (shake it off)
7-8 Turn 1/4 L. Hold. (12.00)

SECTION 4: Jazz Box. Turn 1/4. Forward Shuffle. Turn 1/4 Chasse L.

1-2 Cross R, Turn 1/4 R, Stepping back L.
3-4 Side R, forward L. (3.00)
5&6 R Shuffle forward (R,L,R)
7&8 Turning 1/4 L. Side L, close R, side L. (6.00)

SECTION 5: Back Rock. Side hold & Side hold. Kick, Kick.

1-2 Back Rock R, recover L *
3-4& Side R, hold bumping hip R (&) together L
5-6 Side R, hold bumping hip R.
7-8 Kick L, Kick L (across R)

SECTION 6: Side, Together, Swivel Heels, Toes, Heels.

1-2 Side L, together R next to L. (6.00)
3-4 Swivel heels to R, toes to R
5-6 Swivel heels to R. Clap. Swivel heels to L.
7-8 Swivel toes to L, heels to L.

SECTION 7: Kick, Cross, Back Rock x2.

1-2 Kick R forward, Cross R over L.
3-4 Back rock L, recover R.
5-6 Kick L forward, Cross L over R.
7-8 Back rock R, recover L.

SECTION 8: Turn 1/4 Cross Toe Strut, Side Toe Strut. Knee Pops with Hip bumps. (Shake/Flick Hands Out x2)

1-2 Turning 1/4 R, Cross R toe strut. Drop R heel. (9.00)
3-4 Side L toe strut. Drop L heel.

5-6 Pop R knee in towards L. Bumping L hip to side. Hold.
7-8 Pop L knee in towards R. Bumping R hip to side. Pop R knee in towards L. Bumping L hip to side. (Shake/flick hands out twice)

TAG: During Wall 7. After Count 34 *

1-2 (Back rock R) Facing 12.00
3-4 Forward Rock R, recover L.
5-6 Stomp R to R side. Stomp L to L side.
7-8 Hip Bump R. Touch R next to L.

ENDING: Cross R unwind 1/2 Turn L to face the front.

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