

My Kind Of Love

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate Lyrical Hip-Hop
編舞者: Kitija Vāvere (LAT) - August 2015
音樂: My Kind of Love - Emeli Sandé



S1: STEP, HIGH RONDE, SAILOR STEP 1/8 R, HITCH, 1/2 TURN R, STEP, HITCH, KICK BACK, 3/8 TURN R, BODYROLL 2X

- 1 RF□ Step forward, bend LF
- 2 LF□ Weight on LF, high ronde with RF backwards
- 3 RF□ Step behind LF
- & LF□ Step to L
- 4 RF□ Step 1/8 to R
- 5 LF□ Hitch ½ to L, with R arm push left shoulder back (10:30)
- & LF□ Step behind RF
- 6 RF □ Hitch
- & RF□ Kick back, hitch RF turning 3/8 to R (3:00)
- 7 RF□ Step forward, bodyroll down
- 8 Bodyroll down

S2: 1/4 STEP L, STEPSIDE R,L , KNEE IN, KNEE OUT, ¼ TURN L, ROCK STEP, STEP BACK, 1/4 TURN L, STOMP

- 9 LF□ Step 1/4 to L, make a big circle in front of body with R arm
- 10 RF □ Step to R, hit R arm down
- 11 LF□ Step to L, hit L arm down
- & Turn left knee in,
- 12 Turn left knee out 1/4 to L (9:00)
- 13 RF□ Step forward
- & LF□ Step back
- 14 RF□□ Step back
- 15 LF□ Step 1/4 to L
- 16 RF□ Stomp to R (6:00)

S3: KNEE BEND, ARM MOVEMENT, KNEE BEND, ARM MOVEMENT, HEAD MOVEMENT, CROSS, SIDE, STEP, FLICK, STEP 1/2 TURN L, STEP ½ TURN L

- 17 RF□ Bend knee, R arm goes up, L arm goes down
- 18 RF□ Stretch knee, bend left knee (sharp movement), R arm goes down, look on R arm, L arm on side
- 19 Head roll from R to L backwards
- 20 Head stops straight, look forward, weight on LF
- 21 RF□ Step over LF
- & LF□ Step to L
- 22 RF□ Step to R
- 23 LF□ Flick back
- & LF□ Step 1/2 L
- 24 RF□ Step 1/2 to L

S4: ARM MOVEMENT, KICK, HITCH 2X, STEP, KNEE OUT, KNEE IN, KICK, STEP

- 25 Bring R arm up straight in front
- 26 Hold
- 27 RF□ Kick forward
- & Bend right knee, bend elbow (bringing arm closer to body)
- 28 RF□ hitch (bring arm to the body)

- 29 RF □ Step forward
30 LF □ Step side
& Turn left knee out, upper arm □ parts together, bring R elbow up, L elbow down
31 LF □ Turn knee in, bring L elbow up, □ R elbow down
& LF □ Kick forward, punch both hands forward
32 LF □ Step next to RF (weight on LF), □ bring both hands down

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