

# Nudge Up

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Hayley Wheatley (UK) & Ella Wheatley (UK) - February 2016  
音樂: La Mordidita (feat. Yotuel) - Ricky Martin : (Album: A Quien Quier Escuchar)



Count In: Start on Vocals, 32 counts from when beat kicks in. Approx 148 bpm

Notes: Written as a floor split to "The Bite" but can be danced to most country/non-country tracks.

## S1: DIAGONAL STEP CLOSE, SHUFFLE, DIAGONAL STEP CLOSE, SHUFFLE □

1-2            Step LF fwd to L diagonal, Close RF beside L □ 10:30  
3&4            Shuffle diagonally fwd- L,R,L □ 10:30  
5-6            Step RF fwd to R diagonal, Close LF beside R □ 1:30  
7&8            Shuffle diagonally fwd R,L,R □ 1:30

## S2: Z-STEP, ROCK BACK, RECOVER

1-2            Stomp LF to L side, Slide RF to touch beside L □ 12:00  
3-4            Stomp RF diagonally back, Slide LF to touch beside R □ 1:30  
5-6            Stomp LF to L side, Slide RF to touch beside L  
(Steps 1-6 make the pattern of a Z on the floor) □ 12:00  
7-8            Rock back onto R foot, recover onto L □ 12:00

## S3: SIDE STEP, HEEL BOUNCES, ¼ TURN STEPPING BACK, HEEL BOUNCES

1-2            Step RF to R side, Close LF beside R □ 12:00  
3-4            With weight on both sets of toes, bounce the heels up/down twice □ 12:00  
5-6            Make a ¼ turn R while stepping back onto LF, Close RF beside L □ 3:00  
7-8            With weight on both sets of toes, bounce the heels up/down twice □ 3:00

## S4: STEP FORWARD, KNEE POP, STEP FORWARD, KNEE POP, POP KNEES L-R-L

1-2            Step fwd on RF, Touch L beside R while popping L knee inward □ 3:00  
3-4            Step fwd on LF, Touch R beside L while popping R knee inward □ 3:00  
5-6            Pop L knee inward, Pop right knee inward □ 3:00  
7-8            Pop L knee Inward, HOLD □ 3:00

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