

# Tricky Tricky

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner Hip Hop  
編舞者: Britt Beresik (USA) - February 2016  
音樂: It's Tricky - Run-DMC



## Part 1 - Back Crosses

[1 '8 count']

1-2            Step wide R, Tap L behind R  
3-4            Step wide L, Tap R behind L  
5-6            Step wide R, Tap L behind R  
7-8            Step wide L, Tap R behind L

\*optional arms: for each set- punch arms to side on first count, then cross punch arms on second count

## Part 2 - Twist and Turn

[1 '8 count']

1            Step R foot out to R while twisting both heels to the R  
&2&3&      Twist heels quickly- L R L R L  
4            Hitch L knee up  
5-6           Step forward L w/ Pivot ¼turnR  
7-8           Step forward L w/ Pivot ¼turnR [6:00]

## Part 3 - Slow Running Man

[1 '8 count']

1-2           Rock L back, recover R forward  
3&4          Rock L back (hitching R knee), Recover R, Rock L back (hitching R knee)  
5-6           Rock R back, recover L forward  
7&8          Rock R back (hitching L knee), Recover L, Rock R back (hitching L knee)

## Part 4 - Kicks

[1 '8 count']

1-2           Kick L, Kick R  
3-4           Kick L Kick L  
5-6           Kick R, Kick L  
7-8           Kick R Kick R

Repeat all parts until song ends!

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