

MT2

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Helen Woods (USA) - May 2016
音樂: Me Too - Meghan Trainor : (Album: Thank You)



#32 count intro (after initial percussion solo), support on left

STOMP UP, BACK, COASTER, STOMP UP, BACK, COASTER

- 1 Stomp up right
- 2 Step right back
- 3& Step left back, step right together
- 4 Step left forward
- 5 Stomp up right
- 6 Step right back
- 7& Step left back, step right together
- 8 Step left forward (12:00)

Restart from beginning during 4th rotation

TOE STRUT (HIP BUMP), TOE STRUT (HIP BUMP), STEP, (TURN 1/8) SHIFT, STEP, (TURN 1/8) SHIFT

- 1 Touch right forward bumping hip
- 2 Drop right heel
- 3 Touch left forward bumping hip
- 4 Drop left heel
- 5 Step right forward rolling hips
- 6 Turn 1/8 left shifting support left
- 7 Step right forward rolling hips
- 8 Turn 1/8 left shifting support left (9:00)

CROSS SIDE, HEEL BALL, CROSS SIDE, HEEL BALL, HEEL, HOLD BALL, HEEL, HOLD BALL

- 1& Step right across left, step left to side
- 2& Touch right heel diagonally forward, step ball of right beside left
- 3& Step left across right, step right to side
- 4& Touch left heel diagonally forward, step ball of left beside right
- 5 Touch right heel forward
- 6& Hold, step right together
- 7 Touch left heel forward
- 8& Hold, step left together (9:00)

TOUCH (HIP BUMP) HIP BUMP, HIP BUMP HIP BUMP, HIP BUMP HIP BUMP, HIP BUMP HIP BUMP, COASTER, STEP (TURN 1/2) SHIFT, STEP

- 1& Touch right forward bumping right hip, bump left hip
- 2& Bump right hip, bump left hip
- 3& Bump right hip, bump left hip
- 4& Bump right hip, bump left hip
- 5& Step right back, step left together
- 6 Step right forward
- 7& Step left forward, turn 1/2 right shifting support right
- 8 Step left forward (3:00)

REPEAT

RESTART: During 4th rotation after count 8, Restart at beginning

