

Bikini Body

COPPER KNOB
STEPSHEETS

拍數: 96
編舞者: Rebecca Lee (MY) - January 2017
音樂: Bikini Body (feat. R. City) - Dawin

牆數: 1

級數: Phrased Intermediate



Start dance after 16 counts

Phrasing : AAAB AAAB C(TAG) AB

(Every time before the B the lyrics goes Bikini Body)

PART A (32 counts)

A1: PRESS,HOLD, BALL-CROSS, SIDE ROCK CROSS, ¼ TURN , STEP, ¼ TURN SIDE STEP TOGETHER

1,2 Press R to R diagonal, Hold (facing 1.30)
&3 Step R next to L, Cross L over R
4&5 Rock R to R, Recover L, Cross R over L
6 Make a ¼ turn R step L back
7&8&1 make a ¼ turn R step R to R side, Step L next to R, Step R to R, Step L next to R, Big Step R to R (facing 6.00)

A2: TOGETHER, TOE SWIVEL R, TOE SWIVEL L, KNEE BEND, CROSS SHUFFLE, STEP

2 Step L beside R
&3&4 Turn R toe out, bring in to neutral, Turn L toe out, bring in to neutral
5,6 Bend Knees (as pop both knee open to side), Recover it to neutral standing position
7&8&1 Cross R over L, Step L to L, Cross R over L, Step L to L, Step R forward

A3: ¼ TURN PIVOT, CROSS, SCUFF, HITCH, SCUFF+HITCH X2

2,3,4 Step L forward, ¼ turn R step R to R, Cross L over R (facing 9.00)
5,6 Scuff R forward, Hitch R
7&8& Scuff R forward, Hitch R, Scuff R forward, Hitch R (like riding bicycle reverse way)

A4: SCISSOR CROSS X2, COASTER STEP, ½ TURN STEP, ¼ TURN STEP TOGETHER

1&2 Step R diagonally R back, Step L next to R, Cross R over L
&3& Step L diagonally L back, Step R next to L, Cross L over R
4&5 Step R Back, Step L next to R, Step R forward
6,7,8 ½ turn L Step L forward, ¼ turn L Step R to R, Step L next to R

PART B (32 counts)

B1: SIDE, TOUCH, SIDE, TOUCH, SIDE TOGETHER SIDE X2

1&2& Step R to R, Touch L next to R, Step L to L, Touch R next to L
3&4& Step R to R, Touch L next to R, Step R to R, Touch L next to R
5&6& Step L to L, Touch R next to L, Step R to R, Touch L next to R
7&8& Step L to L, Touch R next to L, Step L to L, Touch R next to L

B2: TOUCH FORWARD,SIDE,TOGETHERX2, HAND TAP, TOE TAP

1&2 Touch R forward, Touch R to R side, Step R next to L
3&4 Touch L forward, Touch L to L side, Step L next to R
5&6 Place R hand to L chest, Place L hand to R chest (shape of X),
(Pull both out to side same line with shoulder on 6)
7,8 Tap both toe to R (both hand like wave out), Tap Both toe to L(both hand wave out)

B3: SIDE, TOUCH, SIDE, TOUCH, SIDE TOGETHER SIDE X2

1&2& Step L to L, Touch R next to L, Step R to R, Touch L next to R
3&4& Step L to L, Touch R next to L, Step L to L, Touch R next to L

5&6& Step R to R, Touch L next to R, Step L to L, Touch R next to L
7&8& Step R to R, Touch L next to R, Step R to R, Touch L next to R

B4: TOUCH FORWARD, SIDE, TOGETHER X2, HAND TAP, TOE TAP

1&2 Touch L forward, Touch L to L side, Step L next to R
3&4 Touch R forward, Touch R to R side, Step R next to L
5&6 Poke index finger twice (5&), Pull it out to shoulder line and point to yourself (6)
7,8 Tap both toe to R, Tap Both toe to L

PART C (32 counts)

C1: DIAGONAL STEP TOGETHER R, DIAGONAL STEP TOGETHER L

1,2,3,4 Step R to R diagonal forward, Step L next to R, Step R to R diagonal forward, Step L next to R
5,6,7,8 Step L to L diagonal forward, Step R next to L, Step L to L diagonal forward, Step R next to L

C2: DIAGONAL STEP TOGETHER R BACK, DIAGONAL STEP TOGETHER L BACK

1,2,3,4 Step R to R diagonal back, Step L next to R, Step R to R diagonal back, Step L next to R
5,6,7,8 Step L to L diagonal back, Step R next to L, Step L to L diagonal back, Step R next to L

C3: STEP, TOUCH, STEP, TOUCH, HOP RX3, HAND UPX2

1,2 Step R to R, Touch L behind R
3,4 Step L to L, Touch R behind L
5&6 Hop with both feet to the R, Hop with both feet to R, Hop with both feet to R
7,8 Throw both hand up x2 (like going to party)

C4: STEP, TOUCH, STEP, TOUCH, HOP RX3, HAND UPX2

1,2 Step L to L, Touch R behind L
3,4 Step R to R, Touch L behind R
5&6 Hop with both feet to the L, Hop with both feet to L, Hop with both feet to L
7,8 Throw both hand up x2 (like going to party)

TAG: see Phrasing

1,2,3,4 Bend both knees (1), Lower the body, (2,3,4)

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