

Step Up Like A Donkey (CBA 2018)

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 1 級數: Phrased Intermediate
編舞者: Rebecca Lee (MY) & Sobrielo Philip Gene (SG) - January 2018
音樂: Step It Up - Alexandra Stan



Phrasing Sequence: AAB AAB AB

Start dance after 32 counts

PART A: 32 counts

A1: STOMP, HITCH, BEHIND SIDE CROSS, SIDE ROCK CROSS, CHASSE LEFT

1-2 Stomp R forward, Hitch L (bring it to the back)
3&4 Cross L behind R, Step R to R, Cross L over R
5&6 Rock R to side, Recover L, Cross R over L
7&8 Step L to L side, Close R beside L, Step L to L side

A2: KNEES HITCHES, COASTER STEP, KICK HITCH TOGETHER

1&2& Hitch R , Step R beside L, Hitch L , Step L beside R
3&4 Hitch R , Touch R beside L, Hitch R
5&6 Step R back, Step L beside to R, Step R forward
7&8 Kick L out to L side, Hitch L , Step L beside R

A3: WALK WALK ¼, BOOGIE WALK ¼ , WALK WALK ¼ , BOOGIE WALK ¼

1,2 Step R forward, Step L forward turning ¼ L (9.00)
3&4 Boogie Walk ¼ turn L, stepping R, L, R (6.00)
5,6 Step L forward, Step R forward turning ¼ L (3.00)
7&8 Boogie Walk ¼ turn L, stepping R, L, R (12.00)

A4: FORWARD ROCK, BACK, COASTER ¼ TURN, ¼ TURN SIDE, SHOULDER RAISE

1&2 Rock R forward, Recover L, Step R back
3&4 Step L back, Step R beside L, Turn ¼ L crossing L over R
5,6 Turn ¼ R Stepping R to R, Step L to L (12.00)
7&8 Bring both hand up like Egyptian(7) Lift both shoulders up (&), Drop shoulders back down(8)

PART B: 32 counts

B1: STOMP X2, STOMP, HOP X2, STOMP X2, STOMP, HOP X2

1,2 Stomp R to R slightly forward, Stomp L to L slightly forward
3&4 Stomp R to R, Hop R in place x2 (alternative heel tap twice)
5,6 Stomp L to L slightly forward, Stomp R to R slightly forward
7&8 Stomp L to L, Hop L in place x2 (alternative heel tap twice)

B2: CROSS ROCK SIDE (RIGHT THEN LEFT), KICK OUT OUT, SHOULDER, JUMP

1&2 Rock R over L, Recover L, Step R to R
3&4 Rock L over R, Recover R, Step L to L
5&6 Kick R forward, Step R to R, Step L to L
7&8 Push R shoulder to R side, Push L shoulder to L side, Jump both feet in place

B3: RIGHT AND LEFT FLICKS

1&2& Flick R out to R side, Step R beside L, Flick L out to L side, Step L beside R
3&4& Flick R out to R side, Touch R beside L, Flick R out to R side, Step R beside L
5&6& Flick L out to L side, Step L beside R, Flick L out to L side, Step R beside L
7&8& Flick L out to L side, Touch L beside R, Flick L out to L side, Step L beside R

B4: STEP PIVOT ½ , RUN x3, STEP PIVOT ½ , RUN x3

1,2 Step R forward, Pivot ½ turn L
3&4 Run forward- R, L, R
5,6 Step L forward, Pivot ½ turn R
7&8 Run forward – R, L, R

Rebecca Lee- rebecca_jazz@yahoo.com
Philip Sobrielo- sphilipg@hotmail.com
