

Sock It To Ya

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jonno Liberman (USA) & Shane McKeever (N.IRE) - April 2018
音樂: Sock It to Ya - Redfoo



Dance begins after 16 counts.

[1-8] Touch, Flick, Step, Step, Toe, Step, Heel, Ball, Cross, 1/4, 1/4 Spin, Ball, Cross, Hitch, Slide (6:00)

- 1&2& Touch R forward, Flick R to right as you touch R-hand to R-heel, Step R forward, Step L forward
- 3&4& Touch R next to L, Step R back, Touch L-heel forward, Step L next to R
- 5&-6 Cross R over L, Turn 1/4 right as you step L back to begin count 6 (3:00), Spin 1/4 right on L (6:00)
- &7&8 Step R to right, Cross L over R, Hitch R, Step R to right as you slide L toward R

[9-16] Hitch, Step, Flick, Step, 1/4 Flick, Step, Ball, Touch, Step, 1/4, Touch, Body Roll (6:00)

- 1&-2 Hitch L as you slap knee with both hands, Step L in front of R, Hold
- &3 Flick R behind L as you touch L-hand to R-foot, Replace R behind L
- &4 Turn 1/4 to left as you hook L over R and touch R-hand to L-foot (3:00), Step L forward
- &5&-6 Step R next to L, Touch L slightly forward, Step L forward, Hold

Optional styling for counts 5&6: Step L forward, Skip L forward (small hop), Hold for 6

- &7, 8 Turn 1/4 right as you step R next to L (6:00), Touch L to left side, Body roll to left beginning from top of body with weight finishing on L

[17-24] Cross, 1/4, Side-Cross x3, Sweep, 1/4 x2, Back, Hitch, Slide (3:00)

- 1, 2& Cross R over L, Turn 1/4 right as you step L back (9:00), Step R to right
- 3&4& Cross L over R, Step R to right, Cross L over R, Step R to right
- 5, 6 Cross L over R as you sweep R from forward, Turn 1/4 right as you cross R over L (12:00),
- &7&8 Turn 1/4 right as you step L back (3:00), Step R back, Hitch L, Step L back as you slide R toward L

[25-32] Back, 1/8 Heel Pop x2, Side, Touch, Ball, Cross, Side, Cross, Unwind, Slide (6:00)

- 1, 2& Step R back with weight evenly on both feet, Pop both heels up as you turn 1/8 right with the heels coming down on count 2 (4:30), Pop both heels up as you turn 1/8 right with the heels coming down on count & (6:00)
- 3, 4 Step R to right (optional: Shimmy shoulders), Touch L next to R
- &5, 6 Step L to left, Cross R over L, Step L to left
- &7, 8 Cross R behind L keeping weight on L, Full unwind with weight finishing on R, Step L to left as you slide R toward L

TAG: Begin at the end of the third repetition facing 6:00. You'll begin the dance again facing 6:00

[1-8] Step Right w/Hip Rolls, Ball, Cross w/?????, Unwind (12:00)

- 1-4 Step R to right and roll hips in a circular motion as you slowly shift weight from left to right. Finish with weight on R for count 4.
- &5-7 Step L next to R, Cross R over L as you move your neck in a circular motion for counts 5-7

If neck motion is uncomfortable, feel free to replace with your own styling. Chest, shoulders, etc.

- 8 Unwind 1/2 left with weight finishing on L (12:00)

[9-16] Repeat Counts 1-8 (6:00)

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