

Hey Look Ma I Made It

COPPER **KNOB**
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Carrie McNeish (USA) - July 2019
音樂: Hey Look Ma, I Made It - Panic! At the Disco



Intro- 32 counts, start on lyrics, 1 restart (wall 3)

(RT) KICK & POINT – 2X, CROSS SHUFFLE, FLIP TURN

1&2 Rt foot KICK front, step rt next to lt & POINT left to the left side
3&4 Lt foot KICK front, step lt next to rt & POINT right to the rt side
5&6 Rt CROSS SHUFFLE (right over left, moving to left)
7,8 Lt FLIP TURN 1/2 - 6:00 - step Lt foot back as turning a ¼ rt, then complete the rt turn over rt shoulder by taking a ¼ step rt to rt side)

(LT) CROSS SHUFFLE, SIDE RCV'R, BEHIND-SIDE-FNT, STEP SWIVEL

1&2 Lt CROSS SHUFFLE (left over right, moving to the right)
3,4 Rt SIDE-RECOVER (weight on left)
5&6 Rt BEHIND-SIDE-FRONT (step rt foot behind lt, step lt foot to lt side, step rt foot in front of lt)
7&8 Lt STEP SWIVEL (step lt foot fwd & swivel heels to left & back- weight to rt foot)

(LT) COASTER STEP & DOROTHY STEPS – RT, LT, MAMBO BREAK

1&2 Lt COASTER STEP (step lt foot back, step rt foot back, step lt foot fwd)
3,4& Rt DOROTHY STEP (to rt diagonal-step rt foot fwd, lock lt behind rt, rt foot step fwd)
5,6& Lt DOROTHY STEP (to lt diagonal-step lt foot fwd, lock rt behind lt, lt foot step fwd)
7&8 Rt MAMBO BREAK (rock rt foot fwd, lt foot step in place, rt foot step next to lt)

(LT) WALK BACK 2X, SHUFFLE TO LT, SAILOR, UNWIND 1/2

1,2, 3&4 WALK BACK Lt, Rt, & SHUFFLE turning ¼ to left – 3:00
5&6 Rt SAILOR step in place
7,8 Lt UNWIND ½ – 9:00 - (put lt toe behind rt foot, turn on balls of both feet over lt shoulder ½ landing with weight on lt foot)

RESTART – On the 4th time thru the dance (you will be on Wall 3:00), do the first 6 counts of the dance & on count 7 step to side and HOLD (count 8) & Restart (on Wall 3:00)!

Site: www.dancemeetsfitness.net

Last Update - 3 Aug. 2019