

Peaches & Cream

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Wendy Haggerty (USA) - January 2020
音樂: You're Sixteen You're Beautiful (And You're Mine) - Ringo Starr



V STEP WITH ARMS

1-2 Step R foot forward diagonal right & put R arm up, hold
3-4 Step L foot forward diagonal left & put L arm up, hold
5-6 Step R foot back to center & cross R arm to L hip, hold
7-8 Step L foot back to center & cross L arm to R hip, hold

ROCKING CHAIR, ¼ T HIP ROLLS

1-4 Rock R forward, recover onto L, rock R back, recover onto L
5-6 Step R forward, pivot 1/8 turn L, rolling hips counter-clockwise
7-8 Step R forward, pivot 1/8 turn L, rolling hips counter-clockwise (weight on L)

STEP HOLD TOUCH HOLD, STEP HOLD TOUCH HOLD

1-2 Step R to right side, hold
3-4 Touch L beside R, hold
5-6 Step L to left side, hold
7-8 Touch R beside L, hold

DOUBLE BUMPS R, DOUBLE BUMPS L, SINGLE BUMP R, L, R, L

1-2 Bump R hip forward 2x
3-4 Bump L hip back 2x
5-8 Bump hips R, L, R, L

Enjoy and spice it up!

Contact choreographer: Whaggerty2016@gmail.com/www.ZestYogaAndFitness.com