

# 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](mailto:Whaggerty2016@gmail.com)/[www.ZestYogaAndFitness.com](http://www.ZestYogaAndFitness.com)