

My Humps

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Ipiet Udha (INA) - September 2020
音樂: My Humps - Black Eyed Peas



Start on Vocal

Dance Sequences : 32 – 64 – 48 – 48 – 32 – 64 – 64 – 32 – 64

S1 (1 – 8) WALK – WALK – STEP OUT – BODY ROLL OUT IN

1-2-3-4 step R fwd , step L fwd , step R fwd , step L fwd
5-6-7-8 step R out beside L , step L in place, Roll Body from Right top To the left down (facing 11.00)

S2 (9 – 16) TURN ¼ LEFT KICK BALL – FULL TURN LEFT- HEEL TOUCH

1 & 2 Turn 1/8 left (facing 09.00) kick L fwd , step L beside R , cross R over L
3 – 4 Turn ¼ left step L fwd, turn ½ left step R back
5 – 6& Turn ½ left step L fwd, step R to side, heel touch L in place
7& 8& step L in place , heel touch R in place, step R in place, heel touch L in place

S3 (17 – 24) BRUSH FWD – HITCH – KICK – HOCK

1 – 2& turn ¼ left step L in place, brush R beside L, hitch L
3 – 4 step R fwd, close L together
5 & 6 Kick R fwd , step R beside L , kick L fwd
7 & 8 Hock L back , step L beside R , cross R over L

S4 (25 – 32) TURN ¾ UNWIND – STEP WITH HIP SWAY – TURN ½ LEFT STEP HIP SWAY- ROLL BODY UP AND DOWN

1 – 2 Turn ¾ left RF beside LF
3 – 4 Step out R to side with hip sway to right, step L in place with hip sway to left
5 – 6 turn ½ left step R to side with hip sway , step L to side with hip sway
7 – 8 Roll body from the Right top To the left down (facing 11.00)

S5 (33 – 40) FULL TURN RIGHT – KNEE DOWN – SLIDING TOE SIDE

1 – 2 step R fwd , turn ½ right step L back (diagonal position)
3 – 4 turn ½ right step R fwd , step L beside R
5 – 6 R knee down to the floor, L knee down to the floor
7 – 8 sliding toe R to side, Hold

S6 (41 – 48) KNEE STAND – BODY STAND UP – TURN ½ RIGHT - WALK

1 – 2 R knee standing beside L knee stand , step up LF in place
3 – 4 Body stand up position L over R toe touch behind and weight on fwd
5 – 6 turn ½ right step R in place , step L together
7 – 8 step R fwd , step L fwd (stay diagonal position)

S7 (49 – 56) TURN 1/8 RIGHT – TURN ½ LEFT – WALK – TURN ½ LEFT WALK

1 – 2 turn 1/8 right step R fwd (facing 06.00) , turn ½ left step L fwd (facing 12.00)
3 – 4 step R fwd , step L fwd
5 – 6 step R fwd , turn ½ left step L fwd
7 – 8 step R fwd , step L fwd

S8 (57 – 64) SAMBA STEP 2X – BACK CHASSE 2X

1 & 2 cross R over L , step L to side , recover on R
3 & 4 cross L over R , step R to side , recover on L

5 & 6 step R back , step L over R , step R back
7 & 8 step L behind R , step R over L , step L back

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