

LIT This YEAR

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Val Saari (CAN) - November 2020
音樂: Lit This Year - Florida Georgia Line



Begin on the word "jingle"

STOMP RRR TOGETHER, LLL TOGETHER

1-4 Stomp RF a large step right X 3 (1:00), Stomp RF together
5-8 Stomp LF a large step left X 3 (11:00), Stomp LF together

WALK FORWARD, MAMBO FORWARD, WALK BACK, MAMBO BACK

1-2 Walk forward R,L
3&4 Rock forward on RF, Recover LF, Step back on RF
5-6 Walk back L,R
7&8 Rock back on LF, Recover RF, Step LF beside R

RF SHUFFLE FWD, TURN 1/2 R, LF SHUFFLE FWD, TURN 1/4 L

1&2 Step RF forward, Step LF beside R, Step RF forward
3-4 Step LF forward, Turn 1/2 R
5&6 Step LF forward, Step RF beside L, Step LF Forward
7-8 Step RF forward, Turn 1/4 L

SUGARFOOT STOMP RL, SYNCOPATED HEEL SPLITS

1&2 Turn RF toes in toward L instep and touch, turn RF heel in toward L instep, Stomp RF down
3&4 Turn LF toes in toward R instep and touch, turn LF heel in toward R instep, Stomp LF down
5&6 Split both heels apart, Close heels together, Split both heels apart (6)
7&8 Close heels together, Split both heels apart, Close heels together (8)

Styling ideas: hands on hips, elbows out

REPEAT

No tags, no restarts

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