

La La Latinas

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 1 級數: Phrased Advanced
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音樂: GIRL LIKE ME - Black Eyed Peas & Shakira



Sequence: ABB AAC Tag BBAC Tag BAC
Introduction: 8 counts

PART A (32 COUNTS):

[1-8] JUMP R L R, CHEST POP, JUMP L R L, CHEST POP

(from count &1 to &4 : L hand to L hip and R hand to your head like a soldier)

&1&2 Jump on RF side, Touch L toe behind RF, Jump on LF side, Touch R toe behind LF

&3&4 Jump on RF side, Touch L toe behind RF, Push chest out, Contract chest back

(from count &5 to &8: R hand to R hip and L hand to your head like a soldier)

&5&6 Jump on LF side, Touch R toe behind LF, Jump on RF side, Touch L behind RF

&7&8 Jump on LF side, Touch R toe behind LF, Push chest out, Contract chest back

[9-16] BIG STEP, DRAG, CLOSE HEEL, JACKSON KICK, WIZARD STEP, 1/8 TURN WITH HIP LIFT x2

1-2 Big step RF diagonally back ↘, Drag LF in

&3 Step LF together, Touch R heel forward

&4 Flick RF side with hip in, Hook RF forward with hip out

5-6& Step RF forward, Lock LF behind RF, Step RF Forward

7-8 1/8 turn R on RF with L hip lift, 1/8 turn R on RF with L hip lift

[17-24] STEP SIDE, SAILOR STEP 1/4 TURN, CAMEL WALK L-R, SIDE TOUCH x2

1 Step LF side

2&3 Step RF behind LF, 1/4 turn R stepping LF side, Step RF forward

(from counts 4 to 5 : hands on hips)

4 Step LF forward as you touch R toe together and pop R knee (tilt head to L)

5 Step RF forward as you touch L toe together and pop L knee (tilt head to R)

6-7 Step LF side, Touch R toe together

&8 Step RF side, Touch L toe together

[25-32] HEEL GRIND 1/2 TURN, STEP BACK, COASTER STEP, WALK, POINT, TRIPLE STEP

1-2 Step on L heel with 1/2 turn L, Step RF back

3&4 Step LF back, Step RF together, Step LF forward

5-6 Step RF forward, Point L toe side

7&8 Step LF together, Step RF together, Step LF together

PART B (32 COUNTS):

[1-8] WHISK, 1/4 TURN WHISK, ROCK WITH HIP, CROSS SAMBA

1a2 Step RF side, Rock step LF back, Recover on RF forward

3a4 1/4 turn R Stepping LF side, Rock step RF back, Recover on LF forward

5-6 Rock step RF forward rolling R hip forward, Recover on LF back rolling L hip back

7a8 Cross RF over LF, Rock step LF side, Recover on RF side

[9-16] WEAVE, TOUCH, SIDE MAMBO X2

(from count 1 to 4 : shimmy the shoulders)

1-2 Cross LF over RF, Step RF side

3-4 Cross LF behind RF, Touch R toe together

5&6 Rock step RF side, Recover on LF side, Step RF together

7&8 Rock step LF side, Recover on RF side, Step LF together

[17-24] ROCK PRESS, COASTER STEP, POINT, FLICK ½ TURN, STEP LOCK STEP

- 1-2 Rock RF forward with a press as you start a body roll, Recover on LF back
- 3&4 Step RF back, Step LF together, Step RF forward
- 5-6 Point LF forward, ½ turn R Flicking LF back
- 7&8 Step LF forward, Lock RF behind LF, Step LF Forward

[25-32] MAMBO X2, SIDE ROCK, ROCK PADDLE TURN 3/4 TURN L, TOUCH

- 1&2 Rock step RF forward, Recover on LF back, Step RF together
- 3&4 Rock step LF forward, Recover on RF back, Step LF together
- 5&6& ¼ turn L rocking RF side, Recover on LF side, ¼ turn L rocking RF side, Recover on LF side
- 7&8 ¼ turn L rocking RF side, Recover on LF side, Touch R toe together

PART C (32 COUNTS):

[1-8] STEP TOUCH X2, V STEP

- 1-2 Step RF diagonally forward ↗, Touch LF together
(Straight L arm at belly level on right diagonal, bring it down)
- 3-4 Step LF diagonally forward ↖, Touch RF together
(Straight R arm at belly level on left diagonal, bring it down)
- 5-6 Step RF diagonally forward ↗, step LF diagonally forward ↖
- 7-8 Step RF back, Step LF together

[9-16] TOE STRUT WITH BUMP x2, ROCK STEP BACK, ¼ TURN CROSS, SIDE

- 1-2 Touch R toe back with R bump, Drop R heel
- 3-4 Touch L toe back with L bump, Drop L heel
- 5-6 Rock step RF back, Recover on LF forward
- 7-8 ¼ Turn R Crossing RF over LF, Step LF side

[17-24] JAZZBOX HIP BUMP, WALK X3, HIP BUMP

- 1-2 Cross RF over LF, Step LF back
- 3-4 Step RF side, Touch LF slightly forward as you bump L hip
- 5-6 Step LF forward, Step RF forward
- 7-8 Step LF forward, Touch RF together as you bump R hip

[25-32] ROLLING VINE TOUCH, ROLLING VINE 1/4 TURN TOUCH

- 1-2 ¼ Turn R stepping RF forward, ½ Turn R stepping LF back
- 3-4 ¼ Turn R stepping RF side, Touch RF together
- 5-6 ¼ Turn L stepping LF forward, ½ Turn L stepping RF back
- 7-8 ¼ Turn L stepping LF side, ¼ Turn L touching RF together

TAG (16 COUNTS):

[1-8] SIDE, TOGETHER, SIDE WITH POP/TWERK, SIDE, CROSS, ½ TURN HITCH

- 1-2 Step RF side, Step LF together
- 3&4 Step RF side, Pop chest or hips forward twice (bring arms to chest)
- 5-6 Step LF side, Cross RF over LF
- 7-8 ¼ Turn R Stepping LF back, ¼ Turn R Hitching R knee

[9-16] SIDE, TOGETHER, SIDE WITH POP/TWERK, SIDE, CROSS, ½ TURN HITCH

- 1-2 Step RF side, Step LF together
- 3&4 Step RF side, Pop chest or hips forward twice (bring arms to chest)
- 5-6 Step LF side, Cross RF over LF
- 7-8 ¼ Turn R Stepping LF back, ¼ Turn R Hitching R knee

Have FUN, good luck !!
