

Jelly Legs

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Dick Rogers (USA) & Nancy Rogers (USA) - November 2021
音樂: U Gurl - Walker Hayes
或: Salt, Lime & Tequila - Ryan Griffin
或: Rip It - Eric Copeland



Alt Music: Salt, Lime & Tequila (Ryan Griffin) [107 bpm]; Rip It (Eric Copeland) [121 bpm]

Note: No tags or restarts.

Starting Position: Weight on left foot

[1-8] BACHATA R / BACHATA L

1-2 Step RF to R (1), step LF beside RF (2)
3-4& Step RF to R (3), touch L toe FWD and thrust hip FWD and up (4), relax hip back and down (&)
5-6 Step LF to L (5), step RF beside LF (6)
7-8 Step LF to L (7), touch RF beside LF and angle R knee across L knee (8)

[9-16] JELLY LEGS (BUMP WALKS)

1 Step RF FWD bending both knees diagonal FWD R (1)
2 Step LF FWD bending both knees diagonal FWD L (2)
3&4 Step RF FWD bending both knees diagonal FWD R and bump hips R twice (3&4)
5 Step LF FWD bending both knees diagonal FWD L (5)
6 Step RF FWD bending both knees diagonal FWD R (6)
7&8 Step LF FWD bending both knees diagonal FWD L and bump hips L twice (7&8)

[17-24] PADDLE TURN L ½ (WITH HIP ACTION) / JAZZ BOX

1-2 Step RF FWD (1), pivot 1/4 L and transfer weight to LF (2)
3-4 Step RF FWD (3), pivot 1/4 L and transfer weight to LF (4)

Styling: Circle hips CCW (1-4)

5-6 Step RF over LF (5), step LF back (6)
7-8 Step RF to R (7), step LF beside RF (8)

[25-32] ROCK FWD, RECOVER, SHUFFLE BACK / ROCK BACK, RECOVER, STEP FWD, HITCH ¼ TURN L

1-2 Rock FWD on RF (1), recover back on LF (2)
3&4 Shuffle back RLR (3&4)
5-6 Rock back on LF (5), recover fwd on RF (6)
7-8 Step LF FWD (7), hitch R knee and turn ¼ L (8)

Variation: Shuffle ½ turn R (3&4), Step LF fwd and pivot ½ turn R transferring weight to RF (5-6)

START OVER

Contact: wildwoodlabs at gmail dot com