

# Whistle While You Twerk

COPPER KNOB  
BY STEPSHEETS

拍數: 32                      牆數: 4                      級數: Beginner  
編舞者: Charles Alexander (SWE) - February 2023  
音樂: High Heels (Whistle While You Twerk) - Flo Rida, Walker Hayes & secs on the beach



**Intro: 16 counts, approx. 8 sec – 120 bpm**

## [1 – 8] HIP BUMPS R-L-R, HIP BUMPS L-R-L, BUMP R-L, RIGHT COASTER STEP

1&2                      Bump hips R. Bump hips L. Bump hips R. (Weight ends on R)

3&4                      Bump hips L. Bump hips R. Bump hips L. (Weight ends on L)

5-6                      Bump hips R. Bump hips L. (Weight ends on L)

7&8                      Step R back. Step L beside R. Step R forward.

(If you can, feel free to twerk instead during counts 1-6 and don't forget to whistle to the song! )

## [9 – 16] MAKING ¾ TURN LEFT: WALK L-R, LEFT SHUFFLE FORWARD, WALK R-L, RIGHT SHUFFLE FORWARD

1-2                      Step L forward. Step R forward. (Making 1/8 turn left)

3&4                      Step L forward. Step R beside L. Step L forward. (Making ¼ turn left)

5-6                      Step R forward. Step L forward. (Making 1/8 turn left)

7&8                      Step R forward. Step L beside R. Step R forward. (Making ¼ turn left) [3:00]

## [17 – 24] ROCK SWITCHES FORWARD L-R-L, LEFT SHUFFLE BACK

1-2&                      Rock L forward. Recover onto R. Step L beside R.

3-4&                      Rock R forward. Recover onto L. Step R beside L.

5-6                      Rock L forward. Recover onto R.

7&8                      Step L back. Step R beside L. Step L back.

## [25 – 32] BACK, TOUCH, FORWARD, TOUCH, SIDE, TOUCH, SIDE, TOUCH, OUT-OUT (R-L), KNEE POPS

1-4                      Step R back. Touch L beside R. Step L forward. Touch R beside L.

&5&6                      Step R to side. Touch L beside R. Step L to side. Touch R beside L.

&7&8                      Step R to side. Step L to side. Pop knees forward lifting heels. Lower heels. (Weight ends on L)

**Ending: During wall 10, starts facing 3:00**

**Dance up to count 8 and make a total of 1+1/4 turn left during counts 9-16, ends facing 12:00!**

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