

Gym Class

COPPER KNOB
STEPSHETS

拍數: 32

牆數: 4

級數: Improver / Intermediate - High
Energy



編舞者: Will Altinger (USA) - March 2023

音樂: Ass Back Home (feat. Neon Hitch) - Gym Class Heroes

-no tags, no restarts

[1-8] HOP/SKATE STEP (x2), LOCK STEP, ½ TURN, COASTER

- 1 jump step forward right on R (on diagonal)
- 2 jump step forward left on L (on diagonal)
- 3&4 Lock Step forward right (RLR) (on diagonal)
- 5, 6 Step R, L with 2 count ½ turn clockwise over right shoulder (6:00)
- 7, 8 Coaster step (LRL)

[9-16] WALK, WALK, ¼ TURN CROSS STEP, SIDESTEP, CROSS ROCK SCUFF

- 1 2 Step forward on R (6:00)
- 3 4 Step forward on L
- 5 Cross Step (R over L) making a ¼ turn clockwise (9:00)
- 6 Step L beside R
- 7& Cross Rock Recover (R behind L)
- 8 Scuff RF

[17-24] STEP RIGHT, HOLD, BEHIND SIDE CROSS, ¼ TURN ROCK RECOVER, COASTER

- 1, 2 Step R to R side, hold
- 3&4 Step L behind R, step R to R side, step L across R
- 5 ¼ turn clockwise Rock R (12:00)
- 6 Recover L
- 7&8 Coaster Step back (RLR)

[25-32] STEP TAP (2X), ¼ TURN STEP, STEP, COASTER

- 1 Step forward on L
- 2 Tap R behind L
- 3 Step R forward
- 4 Tap L behind R
- 5 Step L next to R with ¼ turn clockwise (3:00 NEW wall)
- 6 Step R back
- 7&8 Coaster step (LRL)

[Optional Styling Tips]

Every 2 walls, change size/intensity of first 4 counts (hops steps, lock step)

Last Update: 16 Mar 2023