

Wrap Me Up BABY !!

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Val Saari (CAN) - December 2023
音樂: Wrap Me Up - Jimmy Fallon & Meghan Trainor



INTRO: 32 counts. Begin on the word "TIE"

SIDE TOUCHES X 2 (RL), HIP BUMPS RLRL

1-2 Step RF right, Touch LF beside R
3-4 Step LF left, Touch RF beside L
5-8 Step RF right and bump hips RLRL

TOE STRUT V-STEP

1-4 Touch RF toe diagonally forward (1:00), Step heel down, Touch LF toe diagonally forward (11:00), Step heel down
5-8 Touch RF toe behind to centre, Step heel down, Touch LF toe beside R, Step heel down

TOE-STRUTS FORWARD 1/4 R (IN AN ARC)

1-2 Touch RF toes forward, Drop heel
3-4 Touch LF toes forward, Drop heel
5-6 Touch RF toes forward, Drop heel
7-8 Touch LF toes forward, Drop heel (3:00)

HEEL-TOUCHES GOING BACK RLRL

1-2 Tap RF heels forward to 1:00, Step RF back
3-4 Tap LF heels forward to 11:00, Step LF back
5-6 Tap RF heels forward to 1:00, Step RF back
7-8 Tap LF heels forward to 11:00, Step LF back

Ideas: During the hip bumps you can bend knees to go a bit lower.

Also the toe struts can be stylized by beginning them with a turn out on the toes, and a turn in on the heels.

In the heel steps back, 5-6 7-8 could be doubled up, 5&6&7&8& (twice as fast)

No tags, no restarts

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