

Training Bra

COPPER **NOB**
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Bethany Watkins (UK) - February 2024
音樂: Brenda Put Your Bra On - Ashley McBryde, Caylee Hammack & Pillbox Patti



START ON THE WORD BRENDA

[1-4] SIDE BEHIND. ¼ HITCH

1,2 step right to right side, step left behind right
3,4 step right turning ¼ right , hitch left

[5-8] WALK BACK, TOUCH

5,6 walk back left, walk back right
7,8 walk back left, touch right

[9-12] SIDE BEHIND, ¼ HITCH

9,10 step right to right side, step left behind right
11,12 step right turning ¼ right , hitch left

[13-16] WALK BACK, TOUCH

13,14 walk back left, walk back right
15,16 walk back left, touch right

[17-24] HIP BUMPS, FORWARDS AND BACK

17, 18 bump right hip forward twice
19, 20 bump left hip back twice
21, 22 bump right hip forward, bump left hip back
23, 24 bump right hip forward, bump left hip back

[25-32] TOE STRUTS WITH ATTITUDE

25, 26 right toe strut with attitude
27,28 left toe strut with attitude
29,30 right toe strut with attitude
31,32 left toe strut with attitude

RESTART WALL 4 AFTER HIP BUMP SECTION COUNT 24

FINISH

continue the toe struts with attitude

BIT OF FUN

every time the words "bra on" are sung pretend to push your bra up.