

Miley's Doctor

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Ben Murphy (DE) - March 2024
音樂: Doctor (Work It Out) - Pharrell Williams & Miley Cyrus



NO TAGS, NO RESTARTS

Intro: 4 Counts

Section 1: Heel Swivel; Hitch; Shuffle; Heel Twist; Snap

1 & 2 RF step forward (1), both heels twist right (&), both heels twist back (2)
3 4 RF step backwards (3), left knee hitch (4)
5 & 6 LF step forward (5); RF step next to LF (&), LF step forward (6)
7 8 RF step forward (7), both heels twist right with 1/4 turn to the left, RH snaps fingers to front (8)

Section 2: Continuous Shuffle; Step ½ Turn; Full Turn with Sweep

1 & 2 LF step to the left side (1), RF step next to LF (&), LF step to the left side (2)
& 3 & 4 RF step next to LF (&), LF step to the left side (3), RF step next to LF (&), LF step to the left side (4)
5 6 RF Step forward (5) ½ Turn left, weight LF(6)
7 RF step forward with 1/2 turn to the left, LF sweeps (7)
8 LF step forward (12:00) with 1/2 turn to the left (8)

Styling: Raise and lower your body position during counts 1-4. Up on the odd and low on the even counts. Feel free to add your own style!

Section 3: Grapevine; Hitch; Sidestep; Cross behind; 3/4 Turn

1 2 RF step to the right side (1), LF cross behind RF (2)
3 4 RF step to the right side (3), hitch left knee, clap right hand on left knee (4)
5 6 LF step to the left side (5), RF cross behind LF (6)
7 8 LF step forward with 1/4 to the left (09:00)(7), RF step backwards with 1/2 turn to the left (03:00)(8)

Section 4: Coaster Step; 2x Point Step; Walk, Walk

1 & 2 LF step backwards (1), RF closes to LF (&), LF steps forward (2)
3 4 RF points to the front (3), RF steps forward (4)
5 6 LF points to the front(5), LF steps forward (6)
7 8 RF step forward (7), LF step forward (8)

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Last Update: 5 Feb 2025