

Elvis Treat Me Nice

COPPERKNOB
STEPSHEETS

拍數: 56 牆數: 2 級數: Beginner
編舞者: Melissa Lau (NZ) - June 2024
音樂: Treat Me Nice - Elvis Presley



Intro: 24 counts

HEEL STRUTS, SIDE MAMBO, HOLD

1, 2, 3, 4 Step R heel fwd, drop R toes, step L heel fwd, drop L toes (12:00)
5, 6, 7, 8 Rock R out to side, recover weight on L, step R next to L, hold

HEEL STRUTS, SIDE MAMBO, HOLD

1, 2, 3, 4 Step L heel fwd, drop L toes, step R heel fwd, drop R toes
5, 6, 7, 8 Rock L out to side, recover weight on R, step L next to R, hold

BACK-LOCK-BACK, HOLD, COASTER, HOLD

1, 2, 3, 4 Step R back, step L back crossed over R, step R back, hold
5, 6, 7, 8 Step L back, step R next to L, step L fwd, hold

FWD MAMBO, HOLD, BACK MAMBO, HOLD

1, 2, 3, 4 Rock R fwd, recover weight on L, step R next to L, hold
5, 6, 7, 8 Rock L back, recover weight on R, step L next to R, hold

WEAVE ¼, PIVOT ¼, CROSS, HOLD

1, 2, 3, 4 Cross R over L, step L to side, step R behind L, turn ¼ left stepping L fwd (9:00)
5, 6, 7, 8 Step R fwd, pivot ¼ turn left transferring weight to L, cross R over L, hold (6:00)

VINE-CROSS, SIDE ROCK-CROSS, HOLD

1, 2, 3, 4 Step L to side, step R behind L, step L to side, cross R over L
5, 6, 7, 8 Rock L to side, recover on R, cross L over R, hold

OUT, HOLD, OUT, HOLD, HIP BUMPS R-L-R-L (ELVIS KNEES)

1, 2, 3, 4 Step R diagonal fwd, hold, step L diagonal fwd, hold
5, 6, 7, 8 Bump hips to right – left – right – left

(Option 'Elvis Knees': when doing hip bumps, turn opposite knee slightly inward, lifting heel slightly)

* RESTARTS: after 32 counts, on walls 3 (facing 12:00) and 5 (facing 6:00)

* ENDING: after 24 counts, facing the front