

Girls!

COPPER KNOB
STEPSHETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Zoe Hawkins-Wells (USA) & Katie McCracken - August 2024
音樂: Run the World (Girls) - Beyoncé



No Tags / No Restarts

Intro: 32 Counts; @15sec

HOP IN PLACE; HOP FWD 3x

1 Hop on both feet with wide stance (1)
2,3,4 Hop slightly forward on both feet with bent knees x3 (2,3,4) ::: *Option to replace hops with little steps fwd with slightly bent knees: R step fwd (1), L step fwd (2), R step fwd (3), L step fwd (4). Note: this requires to shift/step weight onto LF on "&" count at end of dance

R HEEL GRIND, COASTER RLR

5,6 Rock fwd on the R heel with the toes pointed to the left (5). Recover on the LF as you turn the R toes to the right (6)
7&8 Step back R (7), Step L next to the RF (&), Step fwd R (8)

1/4 PIVOT, CROSS SHUFFLE, WEIGHT SHIFTS w/ HIP ROLLS Shifts

1,2,3&4 Step L (1) 1/4 pivot R (3:00) taking weight on RF (2); Cross LF over RF, step RF close to LF, cross LF over RF (3&4)
5,6 Step RF to side (5), swinging hips CCW (behind you from left to right), bumping hip to left with weight on RF (6)
7,8 Shift weight into LF and swing hips CW (push hips behind from right to left) (7), bumping hip fwd with 1/4 turn right (8) now at 6:00, weight on LF

SYNCOPATED HALF PIVOTS

1,2,3 Step fwd R (1), Step fwd L (2), half pivot to the right, taking weight on RF (3), now at 12:00
4,5,6 Step fwd L (4), Step fwd R (5), half pivot to the left, taking weight on LF (6), now at 6:00
7,8,1 Step fwd R (7), Step fwd L, half pivot to the right, taking weight on RF (8,1), now at 12:00

SHUFFLE, HALF PIVOT, STEP FWD, STEP INTO WIDE STANCE

2&3,4,5 Step L fwd (2), close RF next to L, Step L fwd; Step R fwd, half pivot left taking weight into LF (4,5) now at 6:00
6,7,8 Step fwd R (6), Step L to the left side (7), Step R to the right to make wide stance (8) Facing 6:00

SINGLE & DOUBLE HEEL SWIVELS

1&2&3&4& R heel swivels inward keeping toe on ground (1), R heel swivels back to center and finds floor (&); L heel swivels inward (2), L heel swivels back to center and finds floor (&). R heel swivels inward (3), back to center (&), swivels inward (4), back to center, place weight (&) (ie. double heel swivel)
5&6&7&8& L heel swivels inward keeping toe on ground (1), L heel swivels back to center and finds floor (&); R heel swivels inward (2), R heel swivels back to center and finds floor (&). L heel swivels inward (3), back to center (&), swivels inward (4), back to center, place weight (&) (ie. double heel swivel)

POINT FWD, POINT SIDE R, KNEE POPS, FLICK, BRUSH, TOE, HIP LIFT/DROP

1,2,3,4& Weight in LF. Point and tap R toe fwd (1); Point and tap R toe to right (2); Shift weight into RF as L knee pops (3); Shift weight into LF as R knee pops (4); R heel drops to floor as LF flicks behind (&);
5,6,7&8 Scuff ball of LF (5); Place L toe fwd with bent knees (6), hold (7), left hip lifts (&) and drops (8); last two sections remain facing 6:00

Start again!

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