

Sitting Down Is Stupid

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Michael Richardson (USA) - October 2024
音樂: sitting down is stupid - FLOYD WONDER



Intro – 32 counts

No tags, No Restarts

[1-8] Back, Touch, Back, Touch, Hip Bump X4

1-2 Step R back on right diagonal (1), Touch L next to R (2)
3-4 Step L back on left diagonal (3), Touch R in place (4)
&5&6 Lift R hip up (&), Drop R hip down (5), Lift R hip up (&), Drop R hip down (6)
&7&8 Lift R hip up (&), Drop R hip down (7), Lift R hip up (&), Drop R hip down (8)

[9-16] Cross-Point, Cross-Point, ¼ Turning Jazz Box

1-2 Cross R over L (1), Point L to left (2)
3-4 Cross L over R (3), Point R to right (4)
5-6 Cross R over L (5), Turn ¼ right stepping L back (6) [3:00]
7-8 Step R next to L (7), Cross L over R (8)

[17-24] Shuffle-Right, Back-Rock-Recover, Shuffle-Forward, ½ Pivot

1&2 Step R to right (1), Step L next to R (&), Step R to right (2)
3-4 Rock L behind R (3), Recover R (4)
5&6 Step L forward (5), Step R to L (&) Step L forward (6)
7-8 Step R forward (7), ½ pivot left switching weight to L (8) [9:00]

[25-32] Toe-Strut, Toe-Strut, V-Step

1-2 Touch R toe forward (1), Step R heel down (2)
3-4 Touch L toe forward (3), Step L heel down (4)
5-6 Step R to right diagonal (5), Step L to left diagonal (6)
7-8 Step R back to center (7), Step L back to center (8)

Have fun, make it cute!

M.C. Richardson – michaelrichardsonart@gmail.com