

Keep It Alive

COPPER KNOB
BY STEPHEN

拍數: 44 牆數: 4 級數: Intermediate
編舞者: Cathy Caproni (USA)
音樂: Larger Than Life - Backstreet Boys



RIGHT HITCH, POINT, RIGHT HIP BUMPS

- &1 Hitch right knee and point right toe to right side
- &2 Hitch right knee and point right toe to right side
- &3 Hitch right knee and point right toe to right side
- &4 Hitch right knee and point right toe to right side
- 5-8 Shift weight to right, lean right & bump hips 4 cts

LEFT HIP BUMPS, ¼ TURN RIGHT WHILE SWIVELING HIPS

- 1-4 Shift weight to left, lean left & bump hips 4 cts
- 5-6 To the left hip roll while swiveling right ¼ turn
- 7-8 To the left hip roll

CHARLESTON TOUCH

- 1 Step back on right foot
- 2 Touch left toe behind
- 3 Step forward on left foot
- 4 Touch right toe forward
- 5-8 Repeat above 4 counts

QUICK STEPS OUT, OUT, IN, IN, WHILE TRAVELING BACKWARDS, POINT, CROSS ½ TURN LEFT

- & Step out to right with right foot
- 1 Step out to left with left foot
- & Step back in with right foot. Traveling backwards
- 2 Step back in with left foot, traveling backwards
- &3&4 Repeat above steps
- 5 Touch right toe out to right side
- 6 Cross right foot over left
- 7 Unwind while turning left ½ turn
- 8 Hold & clap

TRAVELING DIP WALK FORWARD, OUT, OUT, IN, IN

- 1 Step out to right with right foot with a twist & dip
- 2 Step out to left with left foot with a twist & dip
- 3 Step right foot back in, traveling forward
- 4 Step left foot back in, traveling forward
- 5-8 Repeat above 4 counts

QUICK STEPS WHILE PADDLING LEFT ½ TURN

- & Hitch right knee
- 1 Step right next to left foot while "paddling"
- & Hitch right knee
- 2 Step right next to left foot while "paddling"
- & Hitch right knee
- 3 Step right next to left foot while "paddling"
- & Hitch right knee
- 4 Step right next to left foot while "paddling"

REPEAT
