

Little Miss Perfect

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Teresa Lawrence (UK) & Vera Fisher (UK)
音樂: Miss Perfect - ABS



Start on main vocals. Not easy to count in till used to music! Listen for the lady to sing ABS, then count 8 from there, starts on heavy beat, 8 seconds in. Or easier option, wait for vocals to kick in then start dance 32 counts later, just leave out first wall!

STEP BACK, TOUCH, KICK TOUCH, KICK TOUCH, TOUCH FORWARD SIDE

1-2 Step back diagonally on right, touch left toe in front of right

Optional snake/body roll back

3&4 Kick left forward, step left next to right, point right to right side

5&6 Kick right forward, step right next to left, point left to left side

7&8 Hold on count 7, touch left toe forward, touch left toe to left side

Option: hold on 7, hitch left knee cross right, touch left toe to left side, end at 12:00 wall

SAILOR ¼ TURN LEFT, SHUFFLE FORWARD, ROCK REPLACE ¼ DRAG TOUCH

1&2 Sailor turn ¼ turn left

3&4 Shuffle forward on right

5-6 Rock forward on left, replace weight onto right

7-8 Making ¼ turn left, big step left to left side, drag right next to left weight to stay on left

End at 6:00 wall

JUMP BACK, CLAP, KNEE KNEE, KICK ¼ TURN RIGHT, COASTER ½ TURN

&1 Jump back, stepping right slightly to right side, left slightly to left side

2 Hold (optional clap)

3-4 Pop left knee forward & over right, bringing left back to place pop right knee forward & over left

Option: on count 3 bringing arms out to sides bending at elbows with hands in front of chest palms down come up on the balls of both feet & bending slightly twist both knees to the right while twisting upper body & arms to the left, on count 4 straighten up & bring whole body back to center & arms down by your sides, weight to finish on left

5 Making ¼ turn right kick right forward

6&7 Right coaster step

8 Make ½ turn left with weight to finish back on right

End at 3:00 wall

TOUCH TOE BACK TURN ¼ STEP CROSS KICK CROSS UNWIND, ¾ TURN RIGHT

1-2 Touch left toe back, make ¼ turn left with weight to finish on left

3-4 Cross right over left, kick left out to left forward diagonal

5-6-7-8 Cross left over right, unwind ¾ turn right & bounce heels 3 times

Weight to finish on left. End at 9:00 wall

REPEAT