

Mashed Potato Time

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Sophia SW Chan (CAN)
音樂: Mashed Potato Time - Dee Dee Sharp



SIDE -TOGETHER -SIDE, HAND ROLL

- 1 With body angled to right and head look front, step right foot to right, roll right hand forward in a circular motion
- 2 Step left foot beside right foot, roll left hand forward
- 3 Step right foot to right, roll right hand forward
- 4 Close left foot to right foot, weight still on right foot, bring both hands down and open to the sides
- 5 With body angled to left and head look front, step left foot to left, roll left hand forward
- 6 Step right foot beside left foot, roll right hand forward
- 7 Step left foot to left, roll left hand forward
- 8 Close right foot to left foot, weight still on left foot, bring both hands down and open to the sides

¼ TURN LEFT, SIDE -TOGETHER -SIDE, HAND ROLL

- 1-8 Turn ¼ left, repeat steps 1-8

SWIVEL LEFT X 3, SWIVEL RIGHT X 3

- 1 Step right foot forward
- 2& Touch left foot forward diagonally left, swivel both heels to left and return to center
- 3& Swivel both heels to left and return to center
- 4& Swivel both heels to left and return to center
- 5 Step left foot forward
- 6& Touch right foot forward diagonally right, swivel both heels to right and return to center
- 7& Swivel both heels to right and return to center
- 8& Swivel both heels to right and return to center

STEP- TOUCHES, SHAKING HIPS

- 1 Step right foot forward
- 2 Touch left foot beside right foot
- 3 Step left foot back
- 4 Touch right foot beside left foot

On following counts bring left arm up at 11:00, right arm down at 5:00 position. With weight. On left foot, right knee turn in and right toe turn out, shake right hip up and down 4 times

- &5 Shake right hip up and down
- &6 Repeat step &5
- &7 Repeat step &5
- &8 Repeat step &5

REPEAT