

Max-A-Mized

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Kathy Hunyadi (USA)
音樂: Maximum Overdrive - 2 Unlimited



STOMP, ROCK & SHUFFLE

1 Right foot stomp forward
2 Left foot rock step back
3&4 Shuffle in place right-left-right
5 Left foot stomp forward
6 Right foot rock step back
7&8 Shuffle in place left-right-left

STEP QUARTER TURNS

1-2 Right foot step forward, ¼ turn to left, pivoting on left foot and clap
3-4 Repeat steps 1-2
5-6 Repeat steps 1-2
7-8 Repeat steps 1-2

RIGHT WEAVE

1-8 Right foot step right, left foot cross step behind right,
Right foot step right, left foot cross step in front of right,
Right foot step right, left foot cross step behind right,
Right foot step right, left foot stomp beside right

LEFT WEAVE

1-8 Left foot step left, right foot cross step behind left,
Left foot step left, right foot cross step in front of left,
Left foot step left, right foot cross step behind left,
Left foot step left turning ¼ turn left, right foot stomp beside left

HIP BUMPS

1-4 Right foot step slightly forward & bump hips right forward twice, then bump hips left back twice
5-8 Right foot step slightly back & bump hips right back twice, then bump hips left forward twice

STEP TURN TWICE, SHUFFLE TWICE

1-2 Right foot step forward, pivot ¼ turn left onto left foot (push right hip out)
3-4 Repeat 1-2
5&6 Shuffle forward, right-left-right
7&8 Shuffle forward, left-right-left
1-8 Repeat 1-8 again

HEEL HOOK, SHUFFLE TWICE

1-2 Tap right heel forward, hook right foot in front of left shin
3&4 Side shuffle (triple step) to right right-left-right
5-6 Tap left heel forward, hook left foot in front of right shin
7&8 Side shuffle (triple step) to left left-right-left

REPEAT

