

# Movin' It Out

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Linda Harris  
音樂: Do You Wanna Dance - 98 Degrees



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## HIP PUSHES, STEP, HIP PUSHES, ROCK STEP, HIP THRUST

- 1-2      Step right foot to right side pushing right hip right repeat hip push to right & right step next to left
- 3-4      Left step to left side push right hip to right repeat hip push to right
- 5      Right rock step forward (brush hands forward on thighs)
- 6      Rock weight back on left (brush hands backwards on thighs)
- 7&8      Pelvic thrust forward, back, forward (use arms to funk it up)

## TOE TOUCHES, STEP, PIVOT ¼ TURN

- 1&2      Right toe touch to right side, right step next to left, left toe touch out to left side
- &3-4      Left step next to right, step right forward, pivot ¼ turn to left
- 5&6      Right sailor shuffle
- 7&8      Left sailor shuffle

## WALKS, STEP, PIVOT ½ TURN, ½ TURN, STEP BACK, BALL, STEP

- 1-2      Walk forward right, left
- 3-4      Step right forward, pivot ½ turn to left
- 5-6      Right step forward ½ turn to left, step left back
- 7&8      Step right back, left step next to right, step right forward

## KICK, CROSS, KNEE ROLLS, TOES OUT-IN, TOGETHER

- 1-2      Left kick forward at angle to left, left step forward slightly crossing over right
- 3&      Right knee roll towards left in front of left leg, lifting right foot slightly off
- 4      Roll right knee out stepping on right slightly to right (toe will point right)
- 5-6      Roll left knee in, roll knee out
- 7&8      Toes in, out, jump feet together (weight ends on left)

## REPEAT

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