

Movin' Out

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 0 級數:
編舞者: Jim Ferrazzano (USA)
音樂: Cotton Eye Joe - Rednex



RIGHT & LEFT HEEL TAPS

1-4 Touching right toe slightly in front tap right heel 4 times
5-8 Touching left toe slightly in front tap left heel 4 times

HIP SWAYS, TOE TOUCHES WITH ¼ TURN LEFT

9-12 Quickly bump hips 4 times to the right
13-14 Touch left toe forward, touch left toe to left side
15-16 Turn ¼ turn left on right foot bringing left foot across in front of right ankle, hold one count

SHUFFLE, PIVOT, RIGHT TURNING SHUFFLE, ROCK STEP

17&18 Shuffle forward left, right, left
19-20 Step forward on right, turn ½ turn to left keeping weight on left
21-22 Shuffle forward right, left, right making ¼ turn left while shuffling (you should be facing front wall now)
23-24 Rock weight back on left foot, recover weight to right foot

STEP, TAP, SCOOT, STEP HACK, STEP, TAP, SCOOT

25-26 Step forward on left foot, tap right toe across & behind left heel
27-28 Slide slightly back on ball of left foot, step back on right foot
29-30 Step forward on left foot, step forward on right foot
31-32 Tap left toe across behind right heel, slide back on ball of right foot

WALK FORWARD, DOUBLE HIP BUMPS

33-34 Step back on left foot, step forward on right foot
35-36 Step forward on left foot, step forward on right foot
37-40 Bump hips twice right, bump hips twice left

HIP BUMPS, PIVOT, STEP LOCK, STEP TOGETHER

41-42 Bump hips once right, bump hips once left
43-44 Step forward on right, pivot ½ to left
45-46 Step forward on right, slide left foot up behind right foot
47-48 Step forward on right, step left next to right

REPEAT
