

Movin Real Good

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Anita McNab (CAN)
音樂: Que la Detengan (Remix) - David Civera



LEFT GRAPEVINE FORWARD ON ANGLE, RIGHT GRAPEVINE FORWARD ON ANGLE

1-4 Step left forward on angle, cross right behind, left forward, touch right/snap fingers
5-8 Step right forward on angle, cross left behind, right forward, touch left/snap fingers

BACK LEFT, TOUCH RIGHT, BACK RIGHT, TOUCH LEFT (SNAP FINGERS)

9-12 Step back left, touch right beside, back right, touch left beside

BACK LEFT, RIGHT HEEL, BACK RIGHT, LEFT HEEL (TWICE) (LOW IMPACT - STEPS 9-12 WITH HEELS)

&13&14 Back left, right heel forward, back right, left heel forward
&15&16 Back left, right heel forward, back right, left heel forward

VINE LEFT ¼ TURN TO LEFT WITH TOUCH

17-20 Side left, right behind, ¼ left on left, touch right beside

STEP TOUCH, HOLD/CLAP, STEP TOUCH, HOLD/CLAP

&21-22 Step right to side, touch left beside, hold/clap
&23-24 Step right to side, touch left beside, hold/clap

VINE LEFT ¼ TURN TO LEFT WITH TOUCH

25-28 Side left, right behind, ¼ left on left, touch right beside

STEP TOUCH, HOLD, STEP TOUCH, HOLD

&29-30 Step right to side, touch left beside, hold/clap
&31-32 Step right to side, touch left beside, hold/clap

2 HIPS LEFT FORWARD, 2 HIPS RIGHT BACK, ROCKING CHAIR

33&34 Bump hips forward left, right, left
35&36 Bump hips back right, left, right (weight on right)
37-38 Rock forward on left, recover on right
39-40 Rock back on left, recover on right

PADDLE (3) ¼ TURNS TO RIGHT, TOUCH, HOLD/CLAP

41-42 Point left toe to side, hitch left making ¼ turn to right (or point, pivot ¼ turn)
43-44 Point left toe to side, hitch left making ¼ turn to right (or point, pivot ¼ turn)
45-46 Point left toe to side, hitch left making ¼ turn to right (or point, pivot ¼ turn)
47-48 Point left toe to side, hold/clap

REPEAT
