

Nasty's Groove

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Nancy Manor (USA)
音樂: Cypress Grove - The GrooveGrass Boyz



TWO KICK-CROSS-TOUCHES, ¼ TURN, COASTER STEP, STEP

- 1 Kick the right foot forward
- &2 Cross the right foot over the left, touch the left toe out to the left
- 3 Kick the left foot forward
- &4 Cross the left foot over the right, touch the right toe out to the right
- 5 With a ¼ turn right
- 6&7 Right coaster step (right, left, right)
- 8 Step left forward

STEP FORWARD, ½ TURN, STEP RIGHT, ROCK BACK, LARGE STEP LEFT, TAP RIGHT

- 1-2 Step forward with right, ½ turn left (keeping the weight on the left foot)
- 3 Step right foot to right
- 4&5 Rock left foot slightly behind right & take a large step to the left
- 6 Drag right foot to left tapping right toe next to left instep (weight is still on the left)
- 7&8& Place the right toe forward, quickly step right foot back home, place the left toe forward, quickly stepping in back home (like in tush push, weight is now still on the left foot)

WALK, WALK, SNAKE RIGHT, TAP, SNAKE LEFT, TAP, JUMP BACK RIGHT

- 1-2 Walk forward right, walk forward left
- 3-4 Step right on right foot (making this like a snake movement), tap left toe next to right instep
- 5-6 Step left on left foot (making this like a snake movement), tap right toe next to left instep
- &7 Toward left 45- degree angle, step right foot back & left heel forward
- &8 Returning to face center, step left home and tap right toe next to left instep

JUMP BACK LEFT, BUMP RIGHT TWICE, BUMP LEFT TWICE, ½ PIVOT LEFT

- &1 Toward right 45- degree angle, step left foot back & right heel forward
- &2 Returning to face center, step right home and step left foot next to right instep
- 3&4 Bump hips to the right 2 times
- 5&6 Bumps hips to the left 2 times
- 7-8 Step forward on right foot, pivot ½ left (weight should now be on the left foot)

REPEAT
