

Not Too Proud

COPPER KNOB
BY STEPHEN B. BROWN

拍數: 64 牆數: 4 級數: Improver
編舞者: Cindy Norlin (SWE)
音樂: Ain't Too Proud to Beg - The Temptations



RIGHT ROCK, LEFT CROSS SHUFFLE, LEFT ROCK, RIGHT CROSS SHUFFLE

1-2 Rock to right side on right, rock onto left in place
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock to left side on left, rock onto right in place
7&8 Cross left over right, step right to right side, cross left over right

SIDE, BEHIND, RIGHT CHASSE ¼ TURN RIGHT, LEFT ROCK FORWARD, LEFT LOCK BACK

1-2 Step right to right side, cross left behind right
3&4 Step right to right side, close left beside right, step right to right side turning ¼ to the right
5-6 Rock forward on left, rock back onto right
7&8 Step back left, lock right across left, step back left

RIGHT & LEFT HIP BUMPS, RIGHT CHASSE, LEFT CROSS ROCK, LEFT CHASSE

1-2 Step right to right side, bumping hips - right, left
3&4 Step right to right side, close left beside right, step right to right side
5-6 Cross rock forward on left, rock back onto right
7&8 Step left to left side, close right beside left, step left to left side

RIGHT CROSS, LEFT & RIGHT BACK, LEFT CROSS, RIGHT ROCK, BEHIND, SIDE ¼ TURN LEFT

1-2 Cross right over left, step back left
3-4 Step back right, cross left over right
5-6 Rock to right side on right, rock onto left in place
7-8 Cross right behind left, step left to left side turning ¼ to the left

PIVOT ½ LEFT, RIGHT FORWARD SHUFFLE, PIVOT ½ RIGHT, LEFT FORWARD SHUFFLE

1-2 Step forward right, pivot ½ turn left
3&4 Step forward right, close left beside right, step forward right
5-6 Step forward left, pivot ½ turn right
7&8 Step left forward, close right beside left, step forward left

RIGHT ROCK, LEFT CROSS SHUFFLE, RIGHT ½ TURN, RIGHT CROSS SHUFFLE

1-2 Rock to right side on right, rock onto left in place
3&4 Cross right over left, step left to left side, cross right over left
5-6 Step left to left side turning ¼ to the right, step right beside left turning ¼ to the right
7&8 Cross left over right, step right to right side, cross left over right

SIDE, BEHIND, RIGHT CHASSE ¼ TURN RIGHT, LEFT ROCK FORWARD, LEFT LOCK BACK (SAME AS SECTION 2)

1-2 Step right to right side, cross left behind right
3&4 Step right to right side, close left beside right, step right to right side turning ¼ to the right
5-6 Rock forward on left, rock back onto right
7&8 Step back left, lock right across left, step back left

RIGHT & LEFT HIP BUMPS, SIDE, LEFT CROSS, RIGHT & LEFT HIP BUMPS, SIDE, LEFT CROSS

1-2 Step right to right side, bumping hips (and moving weight) - right, left
3&4 Step right to right side (move the weight), cross left over right

5-6
7&8

Step right to right side, bumping hips (and moving weight) - right, left
Step right to right side (move the weight), cross left over right

REPEAT
