

Nude Scoot Bounce

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Thelma Max (USA)
音樂: Nude Bootscootin' - Grant Luhrs



PUSH TURNS (MAKING A COMPLETE TURN)

1-2 (Weight left), push-pivot turn $\frac{1}{4}$ to left on ball of right foot, step left
3-4 Push-pivot turn $\frac{1}{4}$ to left on ball of right foot, step left
5-6 Push-pivot turn $\frac{1}{4}$ to left on ball of right foot, step left
7-8 Push-pivot turn $\frac{1}{4}$ to left on ball of right foot, step left

STEP HOLD, STEP HOLD, KNEE POPS, HEEL DOWN

1-2 Step right foot forward and out, hold
3-4 Step left foot forward and out, hold
5 Shift weight right, popping left knee in
6 Shift weight left, popping right knee in
7 Shift weight right, popping left knee in
8 Left heel down (weight even)

JUMP BACK, HOLD JUMP TOGETHER, HOLD KNEE SQUAT DOWN, HOLD STAND UP, HOLD

1-2 Jump back (feet still apart), hold
3-4 Jump feet together, hold
5-6 Knee-squat down, hold (or, head bow, hold)
7-8 Stand up, hold

BOUNCE LEFT, TOUCH RIGHT, HOLD BOUNCE RIGHT, TOUCH LEFT, HOLD STEP TOGETHERS X3, HOLD (VINE, AN OPTION FOR STEP TOGETHERS)

&1-2 Bounce-step left foot to left side, touch right foot beside left, hold
&3-4 Bounce-step right foot to right side, touch left foot beside right, hold
&5 Step left foot to left side (moving slightly to left), step together right
&6 Step left foot to left side (moving slightly to left), step together right
&7 Step left foot to left side (moving slightly to left), step together right
8 Step left

Try three side jumps to the left for counts &5&6&7. If you're real energetic (count will be 5,6,7)

WALK FORWARD, KICK STEP KICK STEP

1-4 Walk forward right/left/right/left
5-6 Kick right foot forward, step right
7-8 Kick left foot forward, step left

WALK BACK, KICK STEP KICK STEP

1-4 Walk back right/left/right/left
5-6 Kick right foot forward, step right
7-8 Kick left foot forward, step left

PIVOT $\frac{1}{4}$ LEFT, PIVOT $\frac{1}{4}$ LEFT, FULL (3 STEP) TURN LEFT, TOUCH LEFT TOGETHER

1-2 Push-pivot turn $\frac{1}{4}$ to left on ball of right foot, step left
3-4 Push-pivot turn $\frac{1}{4}$ to left on ball of right foot, step left
5-6-7 Three-step full turn right/left/right turn to left
8 Touch left together

BOUNCE LEFT, TOUCH RIGHT, HOLD, BOUNCE RIGHT, STEP LEFT HOLD, TOUCH RIGHT TOE TO RIGHT SIDE, TOUCH RIGHT TOE IN FRONT, ¼ TURN LEFT- POPPING LEFT KNEE, POP RIGHT KNEE

- &1-2 Bounce-step left foot to left side, touch right foot to left, hold
- &3-4 Bounce-step right foot to right side, step left, hold
- 5-6 Touch right toe to right side, touch right toe in front of left foot
- 7 Turn ¼ to left (pushing weight to right foot) and popping left knee in
- 8 Pop right knee (weight ending left)

REPEAT
