

Poppin'

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2
編舞者: Bev Carpenter (USA)
音樂: Get It Poppin' - Fat Joe

級數: Intermediate hip hop



FUNKY WALKS - BODY ROLLS

1-4 Walk right, left, right, left

As you walk with right, drop right shoulder down & back bending knees slightly. Straighten up with left foot step

5-8 Step right with body roll right, step left foot with body roll left foot

If you cannot do body rolls, step right & touch left foot next to right. Then step left foot and touch right next to left foot

MODIFIED JAZZ WITH TURNS & TWISTS

1-2 Right cross over left foot, step back with left foot starting left/4 turn right

3&4 Step right with right, swivel both heels right, swivel both heels center

As you swivel right, put both hands at waist height, palms down, & move hands right. As you swivel back center, bring hands back also. Have weight on left foot

5-6-7&8 Repeat above 4 steps with jazz box, turn and twists (6:00)

Have weight on right

DOUBLE WEAVE- KICK/CROSS-HEEL JACK

1&2&3&4 Left foot step left, right behind left foot, left foot step left, right cross over left foot, left foot step left, right step behind left foot, left foot step left foot

5&6-7&8 Kick right forward, step on right, step left foot over right, step right to right, touch left heel forward, step left foot center, touch right next to left foot

TOE TOUCHES - CLAPS - HEEL AND STOMPS

1&2&3&4 Touch right to right, step right center, touch left foot to left, step left foot center, touch right to right, clap twice

5&6&7&8 Touch right heel forward, step right center, touch left heel forward, step left foot center, step right forward, stomp left foot forward 2 times

REPEAT