

Power Up

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
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音樂: More Power To Handle - Buck Wild



HEEL SWIVELS, LEANING HIP BUMPS, HITCH

- 1-2 Swivel both heels to the left and up, bring back to center, (stay on toes)
3-4 Repeat 1-2
5 Step left as you bump hips to left
Weight on left leaning a little to the left, right knee is bent, left knee is straight
6 Bump hips to right
Keeping weight on left side, right leg is straight, left knee is bent
7 Bump hips to left
Weight still on left, lean a little more left, right knee is bent, left knee is straight
8 Hitch up right knee

VINE RIGHT WITH ¼ TURN RIGHT, HITCH, STEP, LOCK, ½ TURN LEFT, HITCH

- 1-2 Step right to right side, cross left behind right
3-4 Step right to right side as you turn ¼ turn right, hitch up left knee
5-6 Step forward left, slide right up and lock behind outside left heel (weight to right)
7-8 Step forward on left as you make a ½ turn left, hitch up right knee

ROCK FORWARD, ROCK BACK, STEP, STOMP, STEP, STOMP

- 1-2 Rock right forward, rock back on left
3-4 Rock right back, rock forward on left
5-6 Step right forward, stomp left next to right (as you drop your weight onto left bending your knees, like a broken ankle)
7-8 Repeat 5-6

TOE TOUCHES, BRUSH, STOMP

- 1-2 Touch right toe to right side, touch right toe forward on left angle
3-4 Touch right toe to right side, step right center
5-6 Touch left toe to left side, touch left toe center
7-8 Brush left toe from front to back, (like trying to wipe something off the bottom of your boot, count 7), stomp left center (count 8)

REPEAT
