

Saddle Up

COPPER **NOB**
BY STEPHEN

拍數: 32

牆數: 4

級數: Intermediate/Advanced west coast
swing



編舞者: Christopher J. Spicer (USA)

音樂: Pony - Ginuwine

POINT, JAZZ BOX STEP, ¼ TURN, ½ TURN, TOUCH, KICK, COASTER, ¼ TURN STEPS (2)

- 1-2 Point right toe to right side, cross right foot over left foot
&-3 Step left foot slightly back, while making a ¼ turn to the right, step right foot to forward
4& While making a ½ turn to the right, step back on left foot, touch right foot next to left foot
5 Kick right foot forward
6&7 Step right foot back, step left foot next to right foot, step right foot forward
8& While making a ¼ to the left, step left foot forward, while making a ¼ turn to left, step right foot back

POINT, ANCHOR STEP, WALK, ½ TURN HITCH, SHUFFLE, ¼ TURN STEP, TOUCH

- 1 While making a ¼ turn to the left, point left foot to left side
2&3 Step left foot behind right heel, step right foot in place, step left foot in place
4&5 Step forward on right foot, step forward on left foot, while making a ½ turn to the left, hitch right foot across left leg
6&7 Step right foot forward, step left foot to right foot, step right foot forward
8& While making a ¼ turn to the right, step left foot to left side, touch right foot next to left foot

STEP, ANCHOR STEP, STEP FULL TURN, POINT, ROCK STEP (2)

- 1 Step right foot to right side
2&3 Step left foot behind right heel, step right foot in place, step left foot in place
4&5 Step right foot slightly forward, make a full turn to the left, point right foot to right side
6&7 Cross rock right foot over left foot, replace weight on left foot, step right to right side
8& Cross rock left foot over right foot, replace weight on right foot

¼ TURN STEP, SCUFF, ½ TURN, TOUCH, HIP BUMPS (3), ¼ TURN STEP, SIDE CHA, HITCH ½ TURN

- 1 While making a ¼ turn to the left, step left foot forward
2&3 Scuff right foot forward, while making a ½ turn to the left, step right foot back, touch left foot next to right foot
4&5 Bump left hip forward, bump right hip back, bump left hip forward while placing weight on left foot
6 While making a ¼ turn to the right, step right foot across left foot
7& Step left foot to left side, step right foot to left
8& Step left foot to left side, while making a ½ turn to the left, hitch right knee up

REPEAT