

Show Me What You Got

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Candi Titus & Melissa Boggs
音樂: What You Got - Abs



POINTS SAILOR SHUFFLES POINT SAILOR SHUFFLE TURN

- 1 Point right foot forward
- 2 Point right foot to right
- 3&4 Left sailor shuffle
- 5 Point left foot forward
- 6 Point left foot to left
- 7&8 Sailor shuffle ¼ turn right

HIP SWAYS STEP LOCK STEP

- 1&2 Hip sways to right
- 3 Step right foot forward 45 degrees
- & Drag left foot behind right
- 4 Step right foot forward 45 degrees
- 5&6 Hip sway to left
- 7 Step left foot forward 45 degrees
- & Drag right foot behind left
- 8 Step left foot forward 45 degrees

STEP PRESS POP, COASTER STEP, ½ PIVOT/SHOULDER WORK

- 1 Step forward with right pressing weight on right
- 2 Pop back on left foot
- 3&4 Right coaster step
- 5&6 Turning ½ to left (move shoulders left down for 5, right down for 6)
- 7&8 Hold (shoulders left down for 7, right down for & left down for 8)

CROSS RECOVER ROCK SKATE

- 1 Cross right over left
- & Recover weight to left
- 2 Step right to right side
- 3 Cross left over right
- & Recover weight to right
- 4 Step left to left side
- 5-8 Skate forward beginning with right foot

REPEAT
