

# Shrek It Out

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Fred Knopp (AUS)  
音樂: I'm a Believer - Smash Mouth



## **RIGHT SIDE, LEFT TOGETHER, LEFT SIDE TOUCH, LEFT CROSS, RIGHT SIDE, ½ TURN LEFT, RIGHT SHUFFLE FORWARD**

1-2            Step right to right side, touch left next to right  
3-4            Touch left to left side, step left over right  
5-6            Step right to right side, pivot ½ turn left on ball of right stepping onto left (hinge turn)  
7&8            Step forward on right, slide left next to right, step forward on right

## **LEFT ROCK/STEP FORWARD, ¼ TURN RIGHT MODIFIED COASTER STEP, RIGHT SHUFFLE FORWARD, LEFT ROCK/STEP FORWARD**

9-10            Rock/step forward on left, rock back on right  
11&12          Step back on left, step right next to left with ¼ turn right, step forward on left  
13&14          Step forward on right, slide left next to right, step forward on right  
15-16          Rock/step forward on left, rock back on right

## **LEFT SHUFFLE BACK, RIGHT ROCK/STEP BACK, PIVOT ½ TURN LEFT, PIVOT ¼ TURN LEFT**

17&18          Step back on left, slide right next to left, step back on left  
19-20          Rock/step back on right, rock forward on left  
21-22          Step forward on right, pivot ½ turn left  
23-24          Step forward on right, pivot ¼ turn left

## **RIGHT KICK-BALL-CROSS TWICE, RIGHT SIDE ROCK, ½ TURN RIGHT, PUSH HIPS LEFT**

25&26          Kick right across left, step right to right side, step left over right  
27&28          Kick right across left, step right to right side, step left over right  
29-30          Rock/step right to right side, rock onto left  
31-32          Pivot ½ turn right on ball of left stepping onto right (hinge turn), step on left pushing hips left

## **ROLL HIPS COUNTER TO THE RIGHT TWICE, RIGHT SAILOR STEP, LEFT BEHIND-SIDE-CROSS**

33-34          Roll hips counter to the right for 2 counts  
35-36          Roll hips counter to the right for 2 counts  
37&38          Step right behind left, step left to left side, step right to right side  
39&40          Step left behind right, step right to right side, step left over right

## **RIGHT SIDE ROCK, RIGHT BOX STEP, KNEE POPS RIGHT LEFT**

41-42          Rock / step right to right side, rock onto left  
43-44          Step right over left, step back on left  
45-44          Step right to right side, step left to left side  
47-48          Push right knee in, push left knee in

## **POP LEFT KNEE OUT IN, STEP RIGHT FORWARD, PIVOT ½ TURN LEFT, LEFT COASTER STEP, FULL TURN RIGHT (OPTIONAL)**

49-50          Push left knee out, push left knee in  
&51-52          Step back on left, step forward on right, pivot ½ turn left  
53&54          Step back on left, step right next to left, step forward on left  
55-56          Step right to right side with ½ turn right, step left to left side with ½ turn right

### **Optional**

55-56          Step right to right side, step left behind right

**RIGHT SIDE, LEFT SAILOR STEP, RIGHT LOCK BEHIND LEFT, PIVOT ½ TURN RIGHT LEFT TOE HEEL CROSS**

- 57 Step right to right side  
58-59 Step left behind right, step right to right side, step left to left side  
60-61 Lock right behind left, pivot ½ turn right on ball of right  
62-64 Touch left toe to left side, touch left heel to left side, step left over right

**REPEAT**

**RESTART**

**On the 2nd and 4th repetition of the dance drop the last 8 counts and then restart the dance. Finish the dance with the knee pops facing the front**

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