

# Shrek'n

COPPER KNOB  
STEPSHETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Liz Rosenblatt (USA)  
音樂: I'm a Believer - Smash Mouth



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## RIGHT GRAPEVINE, ROLLING LEFT GRAPEVINE, HITCH

1-4            Step right, cross left behind, step right, touch left  
5-8            Step left, making ½ turn, step right, making ½ turn, step left, hitch right foot  
**Clap hands while hitching**

## ROCK, RECOVER, STEP HITCH TURN, STEP HITCH TURN, STEP, HITCH

9-12            Rock right foot forward on left diagonal, recover on left foot, step right to side and hitch left foot while making ½ turn to right  
13-16           Step left and hitch right making ½ turn to right, step right to side and hitch left foot  
**Clap hands while hitching**

## LEFT SIDE MAMBO, ROCK BEHIND, RECOVER (REPEAT)

17-20            Step left to side, step right to side (rocking motion), step left behind right foot, step right in place  
21-24            Repeat

## FORWARD LUNGE LEFT, ½ TURN LUNGE RIGHT, ¼ TURN LEFT, TWIST

25-26            Step left foot forward and bend knees (lunge), hold  
27-28            Pivot ½ turn to right and lunge, hold  
29-32            Turn ¼ to left and twist (have palms of hands facing ceiling)

**REPEAT**

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