

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



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
