

Smooth 2 Da Groove

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Levi J. Hubbard (USA)
音樂: Coco Jamboo - Mr. President



CAT WALK FORWARD, STEP LOCK FORWARD, FORWARD ROCK-RECOVER, ANGLE SHUFFLE BACK

- 1 Cross step right in front of left (while clicking fingers)
- 2 Cross step left in front of right (while clicking fingers)
- 3 Step right forward
- &4 Step left up behind right, step forward on right
- 5 Step (rock) left forward, while slightly lifting right off floor
- 6 Lower right back to floor (recover)
- 7&8 Turn slightly at an angle left, shuffle backward stepping (left-right-left)

ANGLE SHUFFLE BACK, BACK ROCK-RECOVER, SIDE SHUFFLE, MAMBO CROSS

- 9&10 Turn slightly at an angle right, shuffle backward stepping (right-left-right)
- 11 Step (rock) left backward, while slightly lifting right off floor
- 12 Lower right back to floor (recover)
- 13&14 Shuffle left stepping (left-right-left)
- 15 Cross step (rock) right in front of left, while bringing left foot up behind right knee
- 16 Step left back to floor

SIDE SHUFFLE (RIGHT), MAMBO CROSS, ¼ TURN (LEFT), CROSS HOOK

- 17&18 Shuffle right stepping (right-left-right)
- 19 Cross step (rock) left in front of right, while bringing right foot up behind left knee
- 20 Step right back to floor
- 21 Turning ¼ turn left, step left forward
- 22 Pivot on (ball of) left foot ¼ turn left, stepping right out to side
- 23 Pivot on (ball of) right foot ¼ turn left, stepping left backward
- 24 Cross hook right in front of left

When doing this slightly bend forward, like you are taking a bow throwing your hands out to side

EXTENDED STEP-LOCK FORWARD, ½ PIVOT (LEFT), FULL TURN (LEFT)

- 25 Step right forward
- &26 Step left up behind right, step forward on right
- 27 Step left forward
- &28 Step right up behind left, step forward on left
- 29 Step right forward
- 30 On (balls of) both feet, pivot ½ turn left
- 31 Step right forward and spin 1 full turn left
- 32 Step left forward

Instead of the full spin, you can just walk forward

REPEAT