

Spice It Up

COPPER KNOB
STEPPERS

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Sobrielo Philip Gene (SG)
音樂: Spice Up Your Life - Spice Girls



Sequence: ABC, AABC, ABCC

Dedicated to all my line dancing friends in Singapore to add some spice into their life

PART A

½ TURN STEP RIGHT, SIDE ROCK CROSS LEFT, SIDE ROCK CROSS RIGHT, FRONT SHUFFLE LEFT

1&2 Step forward right make ½ turn left and step right forward right
3&4 Rock left to the left, rock back on right and cross left over right
5&6 Rock right to the right, rock back on left and cross right over left
7&8 Step left forward, step right behind left and step left forward
9-16 Repeat steps 1-8

KICK/KICK, COASTER STEP RIGHT, KICK/KICK, COASTER STEP LEFT

17-18 Kick right foot forward, kick right foot to right side
19&20 Step right behind left, step left beside right, step right in front
21-22 Kick left foot forward, kick left foot to left side
23&24 Step left behind right, step right beside left, step left in front

ROCK, RECOVER ½ TRIPLE TURN TWICE

25-26 Rock forward on right, recover on left
27&28 Make ½ triple turn over right shoulder stepping right, left, right
29-30 Rock forward on left, recover on right
31&32 Make ½ triple turn over left shoulder stepping left, right, left

PART B

JUMP FRONT, LEFT, RIGHT, BEHIND WITH HIP BUMPS

1-4 Right foot forward, left beside right and shake hips right, left right
5-8 Left foot to the left, right beside left and shake hips left, right, left
9-12 Right foot to the right, left beside right and shake hips right, left right
13-16 Left foot to the back, right beside left and shake hips left, right, left

PART C

Dance according to the chorus

WEAVE LEFT, STEP-SLIDES WITH HIP ACTION TRAVELING RIGHT

"Slam it to the left"

1-2 Cross right in front left, step left to left side
3-4 Cross right in behind of left, step left to left side

"Shake to the right"

5& Right step side right moving hips left, left slide next to right
6& Right step side right moving hips left, left slide next to right
7& Right step side right moving hips left, left slide next to right
8& Right step side right moving hips left, left slide next to right

STEP FORWARD LEFT RIGHT, STEP BACK LEFT RIGHT, ROLLING HIPS BUMPS

9-10 Step left forward, right forward to the right (chicas to the front)
11-12 Step left back, right back to the right (uh uh)
13-16 Rolling hip bump to the right (slow) (go round / hi ci ya hold tight)
17-32 Repeat steps 1-16

