

# Spice It Up

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Michael Seurer (USA)  
音樂: Up! - Shania Twain



## MODIFIED JAZZ SQUARE

- 1            Cross right foot over in front of left and step
- 2            Step back slightly on left foot
- 3&4        Back shuffle(right, left, right)
- 5            Cross left foot over in front of right and step
- 6            Step back slightly on right foot
- 7&8        Back shuffle (left, right, left)

## FORWARD STEPS WITH HEEL TAPS

- 9            Step forward on right foot with toe lead
- 10-12      Tap right heel 3 times
- 13          Step forward on left foot with toe lead
- 14-16      Tap left heel 3 times

## CROSS TOUCHES

- 17          Touch right foot to the right
- 18          Cross right foot over in front of left and step
- 19          Touch left foot to the left
- 20          Cross left foot over in front of right and step
- 21-24      Repeat counts 17-20

## KICK BALL CHANGE, MILITARY PIVOT ½ TO THE LEFT, STOMPS

- 25          Kick right foot forward
- &          Step on ball of right foot next to left
- 26          Step on left foot
- 27&28      Repeat counts 25&26
- 29          Step forward on right foot while turning ½ to the left
- 30          Shift weight to left foot
- 31          Stomp right
- 32          Stomp left foot next to right and clap hands

## REPEAT

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