

Spicy

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jennifer Pasley-Smith (USA)
音樂: Spice Up Your Life - Spice Girls



RIGHT FORWARD SHUFFLE, SIDE BALL-CHANGE-JAZZ SQUARE, PIVOT TURN/FLIP KICK

1&2 Step left foot forward, slide right foot forward beside left, "popping" left knee
3& Step left foot to left, step right foot in place
4 Cross and step left foot over right
5 Step back on right
6 Step back on left (shoulder width from right)
7 Step right forward
8 Pivot ½-turn to left ending with right heel lifting behind (flip kick)

CROSS, TOUCH LEFT, CROSS-FRONT SAILOR, CROSS, TOUCH LEFT, CROSS ¼ TURN LEFT, BACK BALL-CHANGE

9 Cross and step right foot over left
10 Touch left foot to left
11 Cross and step left foot over right
&12 Step right to right side, step left in place
13-14 Repeat steps 9 and 10
15 Cross step left over right, turning ¼ turn to left
&16 Step right foot back, step left foot in place

RIGHT FORWARD SHUFFLE, ½ RIGHT SPIN, STEP-BALL-CHANGE, 2 JAZZ CHUGS FORWARD, POP TOGETHER, POP OUT

17&18 Shuffle forward right, left, right
& Spin ½-turn to right on right foot
19&20 Step left foot in place, step back on right foot, step left foot in place
21 Step right foot forward, touch in left foot beside right
22 Step left foot forward, touching right foot beside it
23 With feet together, bend knees slightly with hands on thighs (fingers pointing in)
24 Jump feet apart, hands resting on thighs

HIP ROCK LEFT, RIGHT, LEFT SHUFFLE, HIP ROCK RIGHT, LEFT, STEP, STOMP

25 Shift weight to left foot, pushing hip to left
26 Shift weight to right foot, pushing hip to right
27&28 Shuffle to left (left, right, left)
29 Shift weight to right foot, pushing hip to right
30 Shift weight to left foot, pushing hip to left
31 Step right foot to right
32 Stomp left beside right (lift right foot behind for styling)

REPEAT
