

Step It Up!

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Niki Yohn (USA) & Debi Bodven (USA)
音樂: Higher - Gloria Estefan



SYNCOPATED STEPS TRAVELING FORWARD

1-2 Touch right toe forward, hold
&3 Step onto right, touch left toe forward
&4& Step onto left, touch right toe forward, step onto right
5-6 Touch left toe forward, hold
&7 Step onto left, touch right toe forward
&8& Step onto right, touch left toe forward, step onto left

ROCK STEP, ½ TURN TRIPLE, SYNCOPATED TOE TOUCHES, HOOK, TURN

1-2 Rock forward right, recover weight on left
3&4 Shuffle right, left, right while turning ½ turn right
5& Touch left toe to side, step left together with right
6& Touch right toe to side, step right together with left
7-8 Touch left toe to side, hook left heel at outside of right knee while pivoting ¼ turn left on ball of right

SHUFFLE FORWARD, ROCK STEP, TURNING SHUFFLE, ROCK STEP

1&2 Shuffle forward left, right, left
3-4 Rock forward right, recover weight on left
5&6 Shuffle right, left, right while turning ½ turn right
7-8 Rock forward left, recover weight on right

COASTER STEP, ½ TURN, KICK-CROSS-TOUCH, HIP BUMPS

1&2 Step left behind right, step side right, step left in place
3-4 Step forward right, pivot ½ turn left leaving weight back on right
5&6 Kick left forward, cross left over right, touch right (feet should be about shoulder width apart)
7-8 Bump hips right while transferring weight, bump hips left while transferring weight

REPEAT
