

Stripteez

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Tiffany Benbenek (USA), Derek Steele (USA) & John Robinson (USA)
音樂: Skinnydippin' - Vengaboys



SYNCOPATED CROSS ROCKS (LEFT THEN RIGHT), FULL RIGHT PONY TURN

1&2 Left rock across right, right recover, left step home
3&4 Right rock across left, left recover, right step home
Stay on balls of feet for next 4 counts, and paddle "pony" style
5&6& Left step turning ¼ right, right step in place, left step turning ¼ right, right step in place
7&8 Left step turning ¼ right, right step in place, left step next to right turning ¼ right to finish full turn

SYNCOPATED CROSS ROCKS (RIGHT THEN LEFT), FULL LEFT PONY TURN

1&2 Right rock across left, left recover, right step home
3&4 Left rock across right, right recover, left step home
Stay on balls of feet for next 4 counts, and paddle "pony" style
5&6& Right step turning ¼ left, left step in place, right step turning ¼ left, left step in place
7&8 Right step turning ¼ left, left step in place, right step turning ¼ left to finish full turn

TRIPLE FORWARD (LEFT THEN RIGHT), HAND JIVE WITH SQUAT/STRAIGHTEN

1&2 Left step forward, right step forward instep to left heel, right step forward
3&4 Right step forward, left step forward instep to right heel, right step forward
On counts 5&6, pretend you're tearing off your shirt.
5&6 Step left foot next to right and at the same time cross arms left over right touching left hand to right shoulder and right hand to left shoulder, uncross arms touching left hand to left shoulder and right hand to right shoulder, touch hands straight down to hips
On counts 7&8 pretend you're tearing off your trousers.
7-8 Squat slightly bending both knees out while sliding hands from hips to knees as if pulling trousers down, straighten up returning hands to "normal" position with weight on left foot

RIGHT TOUCH BACK, REVERSE PIVOT TURNING ¼ RIGHT, RIGHT SAILOR TOUCH, SYNCOPATED HIP BUMPS WITH ARM MOTION

1-2 Right touch back, pivot ¼ right keeping weight on left
3&4 Right step ball of foot behind left, left side step, right touch forward toward right diagonal
Fun arm styling: on counts 5-8, raise right hand in air and circle it to the left like a lasso or as if whipping clothes around overhead and then throwing them away!
5&6& Keeping weight on left foot bump hips forward diagonally right, back to left, forward diagonally right, back to left
7&8 Bump hips forward diagonally right, back to left, bump hips forward diagonally right placing weight on right foot

REPEAT

TAG

After fifth repetition, do the first 16 counts of the dance (you will hear the boys chant: "get in the water now...get in the water now"); then start over again from the beginning