

Sweet

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Larry Bass (USA)
音樂: Body Language - Ronnie Beard



FOOT SWITCHES, STOMP, CLAP; HIP ROLL, HIP BUMPS

- 1& Touch right heel forward, & step right foot beside left
- 2& Touch left heel forward, & step left foot beside right
- 3-4 Stomp right foot forward; hold & clap
- 5-6 Roll hips to the left
- 7&8 Bump hips back left, center, left

KICK-STEP-TOUCH WITH KNEE POPS, KICK-STEP-TOUCH WITH KNEE POPS; KNEE POPS

- 9& Kick right foot forward, & step right foot beside left
- 10 Touch left toe slightly back to left, popping left knee straight while right knee bends. (same as quick hip bump back left, center. Weight will bounce onto right foot)
- 11& Kick left foot forward, & step left foot beside right
- 12 Touch right toe slightly back to right popping right knee straight while left knee bends. (same as quick hip bump back right, center. Weight will bounce onto left foot)
- 13 Push right knee inward while straightening left knee
- 14 Pop right knee straight while left knee bends. (same as quick hip bump back right, center. Weight will bounce onto left foot)
- 15 Push right knee inward while straightening left knee
- 16 Pop right knee straight while left knee bends. (same as quick hip bump back right, center. Weight will bounce onto left foot)

STEP PIVOT TURN, ROCK STEP; ROCK STEP WITH DIP, COASTER STEP

- 17-18 Step right foot forward; turn ½ turn left onto left foot
- 19-20 Step right foot forward; rock back onto left foot
- 21 Step right foot forward while dipping down, bending knees
- 22 Rock back onto left foot straightening up
- 23&24 Step right foot back, step left foot beside right; step right foot forward

ROCK STEP FORWARD, ROCK STEP BACK; FORWARD ROLLING TURN, FORWARD SHUFFLE

- 25-26 Step left foot forward; rock back onto right foot
- 27-28 Step left foot back; rock forward onto right foot
- 29 Starting forward right rolling turn, turn ½ turn right stepping left foot back
- 30 Complete forward right roll turning ½ turn right stepping right foot forward
- 31&32 Shuffle forward left, right, left

REPEAT
