

Total Chaos

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Nicole Parsons (USA)
音樂: Love Train - Big & Rich



SYNCOPATED TOE TOUCHES, AND ROCK STEPS

- 1& Point right toe out to right side, return right foot home
- 2& Point left toe out to left side, return left foot home
- 3& Touch right toe next to left foot, step back on right
- 4& Touch left toe next to right foot, step slightly forward on left - take weight
- 5-6 Rock forward on right, back on left
- 7-8 Rock back on right, forward on left

Styling: add arm movements with toe touches

SHUFFLE, ½ TURN, ROCK AND SAILOR

- 1&2 Right shuffle forward - right, left, right
- 3-4 Step forward on left, making a ½ turn right
- 5-6 Rock step to the left with left foot, rock recover to the right
- 7&8 Sailor step left - cross left behind right, step right, step together left

KNEE ROLLS, SYNCOPATED STEPS FORWARD

- 1-2 Traveling forward with weight on the ball of right foot - step forward right and roll right knee out to right side, take weight on right foot on count 2 (making circle)
- 3-4 Step forward on ball of left foot, and roll left knee out to left side, take weight on left foot on count 4
- 5 Stomp right foot forward
- 6 Hold (clap)
- &7 Make a quick step forward bringing left foot behind right, stomp right foot forward
- 8& Hold on count 8, bring left foot behind right

TWO 1/8 TURNS LEFT, HIP BUMPS

- 1-2 With weight on left foot, step forward right, hold on count 2 (clap)
- 3-4 Swivel both heels right, making two 1/8 turns left - completing ¼ left - weight on right
- 5-6-7-8 Bump hips left, right, left, left

Styling: add shoulder movements with hip bumps

REPEAT
