

# Trippin

COPPERKNOB  
BY STEPHEN HETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Carolyn Robinson (USA)  
音樂: Wait A Minute - The Pussycat Dolls



## BUMP RIGHT HIPS, BUMP LEFT HIPS, SWAY RIGHT & LEFT, HITCH RIGHT ¼ TURN RIGHT

1&2      Bump right hips right-left-right

3&4      Bump left hips left-right-left

Arms up above head, elbows bent, hands in fist toward each other, move both hands in direction of hip bumps

5-6      Sway hips right, sway hips left

Open hands and sway with hips right then left

7-8      Hitch right, turn ¼ right (3:00)

Clasp hands together on hitch and bring down on turn

## TOUCH RIGHT OUT-IN-OUT, ROLL RIGHT KNEE TWICE, ROLL LEFT KNEE TWICE, ROLL RIGHT & LEFT KNEE ONCE EACH

1&2      Touch right to right side, touch right beside left, touch right to right side

3-4      Roll right knee for 2 counts (optional: roll right shoulder along with knee)

5-6      Roll left knee for 2 counts (optional: roll left shoulder along with knee)

7-8      Roll right knee for 1 count, roll left knee for 1 count (roll shoulders with each knee)

## TOE HEEL STRUTS FORWARD, TOE HEEL STRUTS BACK

1-2      (Keeping feet shoulder's distance apart) right toe heel strut forward

3-4      Left toe heel strut forward

5-6      Right toe heel strut back

7-8      Left toe heel strut back

## SLEAZY SLIDE RIGHT, SLEAZY SLIDE LEFT

1-2-3-4      Step right out a little further, slide left beside right & touch (shimmy shoulders down and up)

5-6-7-8      Step left out, slide right beside left & touch (shimmy shoulders down and up)

## TOE HEEL STRUTS, TOUCH FORWARD & BEHIND, TOUCH FORWARD WITH 2 HIP BUMPS

1-2      Right toe heel strut forward

3-4      Left toe heel strut forward

5&6      Touch right toe forward, touch right toe behind, touch right toe forward

7&8      Bump right hips twice (right-left-right)

## TOE HEEL STRUTS, TOUCH FORWARD & BEHIND, TOUCH FORWARD WITH 2 HIP BUMPS

1-2      Left toe heel strut forward

3-4      Right toe heel strut forward

5&6      Touch left toe forward, touch left toe behind, touch left toe forward

7&8      Bump left hips twice (left-right-left)

## TOUCH FORWARD, SIDE, RIGHT SAILOR WITH ½ TURN RIGHT, LEFT KICK-BALL-CHANGE, LEFT TRIPLE FORWARD

1-2      Touch right forward, touch right to right side

3&4      Step right behind left ¼ right, step left ¼ right to left side completing ½ turn right, side step right

5&6      Left kick forward, left ball of foot in place, right step in place

7&8      Left triple step forward left-right-left

**RIGHT SIDE STEP, STEP TOUCH, LEFT SIDE STEP, STEP TOUCH**

- 1-2 Right side step moving shoulders up on 1 and down on 2 (hands' palms toward abdomen)
- 3-4 Left touch beside right moving shoulders up and down (hands' palms open out elbows to sides)
- 5-6 Left side step moving shoulders up and down (hands' palms facing abdomen)
- 7-8 Right touch beside left moving shoulders up and down (hands' palms open out-elbows to sides)

**ROLL RIGHT HIPS TWICE, ROLL LEFT HIPS TWICE**

- 1-2-3-4 Roll right hips up and around (to the right) twice
- 5-6-7-8 Roll left hips up and around (to the left) twice

**REPEAT**

---