

Trippin

COPPERKNOB
STEPSHEETS

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
