

Trust Me (If You Had My Love)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Marilyn Griffin (UK)
音樂: If You Had My Love - Jennifer Lopez



(MOVING FORWARD) HIP BUMPS

- 1&2 (Step right forward (right corner) - weight on right, bump hips left and back onto right
3&4 Step left forward (left corner) - weight on left, bump hips right and back onto left
5-8 Repeat steps 1-4 (weight ends on left)

This section to be danced with "attitude" (plenty of hips and freestyle on hand movement in time to hips). Get funky.

(MOVING BACKWARDS) SKIP BACK, RIGHT COASTER, ½ PIVOT TURN

- &9 Swing right leg out and round and place behind left (at the same time as sliding slightly back on the left). Place weight on right
&10 Swing left leg out and round and place behind right (at the same time as sliding slightly back on the right). Place weight on left (skipping motion)
11&12 Repeat steps 9-10
13&14 Step back on right, place left next to right, step forward of right
15-16 Step forward on left, pivot ½ turn over right shoulder

LEFT SHUFFLE, SIDE ROCKS, ½ PIVOT TURN WITH KICK

- 17-18 Step forward on left, bring right to meet left, step forward left

This can be replaced with a full turn over left shoulder

- 19&20-21&22 Rock right out to right side and cross slightly forward over left, rock left out to left side and cross slightly forward over right (angle body with rocks)
23-24 Step forward right, pivot ½ turn over left shoulder and kick left foot forward as you turn

LEFT COASTER, RIGHT SHUFFLE, RONDE ¼ RIGHT

- 25&26 Step back on left, place right next to left and step forward on left
27-28 Step forward on right bring left to meet right, step forward right
29 Turning ¼ to the right, sweep left round and point in front
30 Drag left back to meet right, popping left knee at the same time. (right knee will bend and body drop in squat position)

Optional hand movements: when completing ronde bring arms around and out in front at waist level, pull back into waist when you pop knee and body drop

- 31&32 Step back on left, bring right to meet left and step forward on right.

REPEAT