

We Run This

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver hip hop
編舞者: Signature X
音樂: We Run This - Missy Elliott



STEP RIGHT, CLOSE RIGHT, STEP LEFT, CLOSE LEFT, BEHIND, UNWIND ½ RIGHT, STEP RIGHT DIAGONALLY, STEP LEFT DIAGONALLY

- 1-2 Step right to right side, close back right beside left
- 3-4 Step left to left side, close left beside right
- 5-6 Press right behind left, unwind ½ turn right (facing 6:00)
- 7-8 Step right diagonally forward to right side, step left diagonally forward to left side

Hands option

- 1&2 Execute chest pump twice, clap
- 3&4 Execute chest pump twice, clap

HIP BUMPS TWICE, ¼ PADDLE TURN, 1/8 PADDLE TURN TWICE

- 1&2 Bump hip left, right, left
- 3&4 Bump hip right, left, right
- 5-6 Step right ¼ turn left to right side, hold
- 7 Step right 1/8 turn left to right side
- 8 Step right 1/8 turn left to right side (facing back to 12:00)

Hands option: left arm lift up above shoulder level and pump down during each paddle turn

TOE SWITCHES X4, CHEST PUMPS X4

- 1& Point toe to left side, close back left next to right
- 2& Point toe to right side, close back right beside left
- 3& Repeat 1&
- 4& Repeat 2&
- 5-6-7-8 Pumps chest x4 (facing 12:00) with lots at attitude

FUNKY WALK

- 1-2-3-4 (With body facing 3:00, head facing 12:00) walk x3 forward, starting right, left, right, hitch left knee up (face 9:00)
- 5-6-7-8 (With body facing toward 9:00), funky walk forward by stepping left, right, left, right

REPEAT

TAG

At the beginning of wall 3 & wall 7

STEP TOUCHES X5

- 1& Step left to left side, touch right beside left
- 2 Hold
- 3& Step right to right side, touch left beside right
- 4 Hold
- 5& Repeat 1&
- 6 Hold
- 7& Repeat 3&
- 8& Repeat 1&

Hands option for counts:

- 1& Point both hands up in the air
- 3& Arm fold with lots of attitude (chest level)
- 5& Put both hands down to waist level, look down to the left shoulder

