

What's Your Flava

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 4 級數: Advanced
編舞者: Annette Latimer (UK)
音樂: What's Your Flava? - Craig David



BRUSH HOOK TOE STRUT, STEP, TOUCH, HEEL TWISTS, COASTER STEP, KICK STEP OUT

1&2& Brush right foot forward, hook right knee, touch right toe down, place heel down
3&4 Touch left toe forward, twist both heels left and back to center
5&6 Step left back, step right beside left, step left foot forward
7&8 Kick right foot forward, step right to right side, step left to left side

HEEL AND TOE TWISTS, RIGHT TOUCH, ¼ RIGHT WITH KICK, RIGHT COASTER, HIP BUMPS

9-10 Twist both heels in, bring both toes in to center
11-12 Touch right beside left, ¼ turn right as you kick right foot forward
13&14 Step right foot back, step left beside right, step right foot forward
15&16 Bump hips forward, back, forward as you step forward onto left foot

RIGHT KICK AND HEEL JACK, TOUCH AND HEEL JACK, ½ PIVOT LEFT, ¼ ROCK AND TOUCH

17&18 Kick right foot forward, step right foot back as you place left heel forward
&19&20 Step on left foot, touch right toe behind left heel, step right foot back and place left heel forward
&21-22 Step onto left foot, ½ pivot turn left
23&24 Rock forward on right foot, ¼ turn left onto left foot, touch right beside left

BRUSH HOOK, TOE STRUT, STEP, TOUCH, HEEL TWISTS, COASTER STEP, KICK STEP OUT

25&26& Brush right foot forward, hook right knee, touch right toe down, place heel down
27&28 Touch left toe forward, twist both heels left and back to center
29&30 Step left back, step right beside left, step left foot forward
31&32 Kick right foot forward, step right to right side, step left to left side

HEEL & TOE TWISTS, RIGHT TOUCH, ¼ TURN RIGHT & KICK, RIGHT COASTER STEP, HIP BUMPS

33-34 Twist both heels in, bring both toes in to center
35-36 Touch right beside left, ¼ turn right as you kick right foot forward
37&38 Step right foot back, step left beside right, step right foot forward
39&40 Bump hips forward, back, forward as you step forward onto left foot

RIGHT KICK AND HEEL JACK, TOUCH AND HEEL JACK, ½ PIVOT TURN LEFT, PADDLE TURN ½ LEFT

41&42 Kick right foot forward. Step right foot back as you place left heel forward
&43&44 Step on left foot, touch right toe behind left heel, step right foot back and place left heel forward
&45-46 Step onto left foot, ½ pivot turn left
&47&48 Hitch right knee as you turn ¼ turn left, touch right toe to right side, repeat to complete ½ paddle turn left

Finish with right toe to right side

CROSS, SIDE, CROSS, RIGHT HEEL JACK, CROSS, SIDE, CROSS, LEFT HEEL JACK

49-50 Right cross over left, left step to left side
51&52 Cross right foot over left, step left foot back, place right heel forward
&53-54 Step in place onto right foot, cross left over right, step right to right side
55&56 Cross left over right, step back onto right foot as you place left heel forward

CROSS RIGHT BEHIND LEFT ¾ UNWIND RIGHT, STEP SLIDE TOUCH, HEEL AND TOE WALKS, SLIDE RIGHT TO LEFT

- &57-58 Step onto left foot, cross right behind left, unwind ¾ turn right. (weight ends on right foot)
59-60 Step left to left side (big step), slide right to left, end with right toe pointed inwards
61&62 Twist right toe out, right heel out, right toe out
63-64 Slide right foot to left, touch right beside left

STEP SLIDES WITH ¼ TURNS LEFT X 3, LEFT SAILOR STEP

- 65-66 Step forward on right foot making ¼ turn left, touch left beside right
67-68 Step back on left foot making ¼ turn left, touch right beside left
69-70 Step forward on right foot making ¼ turn left, touch left beside right
71&72 Step left behind right, step right to right side, step left to left side

TOE SWITCHES RIGHT & LEFT & RIGHT, HITCH TOUCH, SYNCOPATED SAILOR STEPS

- 73&74 Touch right toe to right side, step right beside left, touch left to left side
&75&76 Step left beside right, touch right to right side, hitch right knee, touch right to right side
77&78 Step right behind left, step left to left side, step right to right side
&79&80 Step left behind right, step right to right side, step left to left side, touch right beside left

REPEAT
