

Wrap It Up

COPPER KNOB
BY STEPHENETS

拍數: 88 牆數: 1 級數:
編舞者: Peter Metelnick (UK)
音樂: Sexy Little Christmas Thang - Scooter Lee



RIGHT SIDE SHUFFLE, ROCK BACK & RECOVER, SIDE LEFT & HOLD, TOGETHER, LEFT SIDE TOUCH & HOLD

- 1&2 Step right foot to right side, step left foot together, step right foot to right side
3-4 Rock back on left foot, rock forward & recover weight on right foot
5-6 Step left foot to left side, hold
&7-8 Step right foot together, touch left foot to left side, hold (optional-clap hands)(weight ends on right foot)

LEFT SIDE SHUFFLE, ROCK BACK & RECOVER, SIDE RIGHT & HOLD, TOGETHER, RIGHT SIDE TOUCH & HOLD

- 1&2 Step left foot to left side, step right foot together, step left foot to right side
3-4 Rock back on right foot, rock forward & recover weight on left foot
5-6 Step right foot to right side, hold
&7-8 Step left foot together, step right foot to right side, step left foot together (weight ends on left foot)

RIGHT & LEFT SIDE TOUCHES WITH HOLDS, RIGHT & LEFT SIDE TOUCHES, RIGHT SIDE TOUCH, RIGHT SLIDE TOGETHER WITH KNEE "SHAKES"

- 1-2 Touch right toes to right side, hold
&3-4 Step right foot together, touch left toes to left side, hold
&5&6 Step left foot together, touch right toes to right side, step right foot together, touch left toes to left side (weight is on right foot)
&7 Shift weight to left foot by stepping left foot in place, slide right foot together bending right knee in toward left leg (weight is on left foot)-you should travel slightly left on the dance floor on these counts
&8 With weight on left foot turn right knee out to right, turn right knee back in toward left leg (weight is still on left foot)

RIGHT & LEFT SIDE TOUCHES, RIGHT SIDE TOUCH, RIGHT SLIDE TOGETHER WITH KNEE "SHAKES", RIGHT & LEFT SIDE TOUCHES, RIGHT & LEFT HEEL CHANGES

- 1&2 Touch right toes to right side, step right foot together, touch left toes to left side
&3 Shift weight to left foot by stepping left foot in place, slide right foot together, bending right knee in toward left leg (weight is on left foot)-you should travel slightly left on the dance floor on these counts
&4 With weight on left foot turn right knee out to right, turn right knee back in toward left leg (weight is still on left foot)
5&6& Touch right toes to right side, step right foot together, touch left toes to left side, step left foot together
7&8& Touch right heel forward, step right foot together, touch left heel forward, step left foot together

RIGHT FORWARD SHUFFLE, LEFT ROCK FORWARD & RECOVER, LEFT SHUFFLE BACK, RIGHT ROCK BACK & RECOVER

- 1&2 Step right foot forward, step left foot together, step right foot forward
3-4 Rock left foot forward, rock back on right foot (recover weight)
5&6 Step back on left foot, step right foot together, step back on left foot
7-8 Rock back on right foot, rock left foot forward (recover weight)

RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD, ½ LEFT PIVOT TURN, BIG STEP RIGHT, SLIDE LEFT TOGETHER

- 1-4 Step right foot forward, pivot ½ left, step right foot forward, pivot ½ left (end facing forward)
5-8 Step right foot to the right side taking a large step, slide left foot together for remaining 3 counts ending with left foot touched together

BUMP HIPS LEFT & HOLD FOR 4, BUMP HIPS RIGHT, LEFT, RIGHT, LEFT

- 1-4 Bump hips left & hold for 4 counts
5-8 Bump hips right, left, right, left ending with weight on left foot

"WRAP IT UP"-SHUFFLE BOX TURNING ¼ LEFT ON EACH SIDE OF THE "PRESENT"

- 1&2& Step right foot to right side, step left foot together, step right foot to right side, pivot ¼ left on right foot
3&4& Step left foot to left side, step right foot together, step left foot to left side, pivot ¼ left on left foot
5&6& Step right foot to right side, step left foot together, step right foot to right side, pivot ¼ left on right foot
7&8& Step left foot to left side, step right foot together, step left foot to left side, pivot ¼ left on left foot (end up facing forward)

RIGHT SUGAR FOOT, RIGHT SHUFFLE IN PLACE, LEFT SUGAR FOOT, LEFT SHUFFLE IN PLACE

- 1-2 Touch right toes in toward left instep, touch right heel in toward left instep
3&4 Step right foot together, step left foot together, step right foot together
5-6 Touch left toes in toward right instep, touch left heel in toward right instep
7&8 Step left foot together, step right foot together, step left foot together

"WRAP IT UP" AGAIN-SHUFFLE BOX TURNING ¼ LEFT ON EACH SIDE OF THE "PRESENT"

- 1&2& Step right foot to right side, step left foot together, step right foot to right side, pivot ¼ left on right foot
3&4& Step left foot to left side, step right foot together, step left foot to left side, pivot ¼ left on left foot
5&6& Step right foot to right side, step left foot together, step right foot to right side, pivot ¼ left on right foot
7&8& Step left foot to left side, step right foot together, step left foot to left side, pivot ¼ left on left foot (end up facing forward)

DIAGONAL BACK STEP TOUCHES, STEP RIGHT & LEFT APART, HOLD, BUMP LEFT & HOLD

- 1-2 Step right foot back on a right diagonal, touch left foot together & clap
3-4 Step left foot back on a left diagonal, touch right foot together & clap
&5-6 Step right foot apart, step left foot apart, hold & clap
7-8 Bump hips left, hold (weight ends on left foot)

REPEAT
