

# Yo Trippin'

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Carole Daugherty (USA)  
音樂: Yo Trippin' - Anastacia



## SIDE RIGHT SHUFFLE, ½ LEFT TURNING SHUFFLE, REPEAT

- 1&2      Shuffle right leading right, left, right
- 3&4      Shuffle left ½ turn leading left, right, left
- 5&6      Shuffle right leading right, left, right
- 7&8      Shuffle left ½ turn leading left, right, left

Styling option: bump hip of lead leg on whole counts of shuffles traveling in a box pattern

## STEP RIGHT, LEFT ACROSS, RIGHT ROCK & CROSS, STEP LEFT, RIGHT BEHIND, LEFT ROCK & ½ TURN

- 1-2      Step right to right side, step left across right
- 3&4      Rock right to right side, step left together, cross right over left
- 5-6      Step left to left side, cross right behind left
- 7&8      Rock left to left side, step on right, turn ½ left stepping down on left

## WALK RIGHT, LEFT, POINT RIGHT, 360 LIFTING TURN, STEP LEFT, RIGHT, LEFT CHA-CHA STEP

- 1-2-3      Step forward right, step forward left, point right to right side
- 4&5      Draw right leg closed behind left lifting to turn a full turn right taking weight right
- 6-7      Side step left, step right behind left
- 8&1      Side step left, together with right, step left

## RIGHT BEHIND, LEFT SWING & ¼ TURN RIGHT, ANGLED KICK & POINT & CROSS, ½ LEFT TWIST & TWIST

- 2-3&4      Step right behind left, swing left out to side stepping next to right, step right making ¼ turn right, step forward on left
- 5&6      Kick right toe forward, step right home angling upper body 1/8 right, point left toe forward
- &7&8&      Bring left foot home, step right across left on ball of right, twist ¼ left, twist center, twist ¼ left taking weight left

## STEP RIGHT, CROSS HITCH STEPS, KICK & TOGETHER WITH BODY BUMPS

- 1-2      Step forward on right, hitch left knee across right side of body while lifting shoulders
- 3-4      Step back on left pivoting ¼ right, hitch left knee across right side of body with shoulders
- 5-6      Step back on left pivoting ¼ right, hitch left knee kicking slightly forward
- &7&8      Step down on left, together with right while dipping knees left, move knees right with shoulders dipped left, move knees left with shoulders dipped right. (legs remain pressed closed)

## STEP OUT RIGHT, LEFT, BUMP & BUMP, STEP OUT RIGHT, LEFT, MODIFIED COASTER

- 1-2      Step forward on right diagonal with heel in toe out, step forward on left diagonal with heel in toe out
- 3&4      Dip slightly and bump hips back left, center, back left
- 5-6      Step right foot out to right side, step left foot out to left side
- 7&8      Step back wide on right, step back wide on left, step forward on right

## LEFT FORWARD MAMBO, TAP & ¼ POINT & ¼ POINT, STEP, BRUSH, CROSS

- 1&2      Rock forward on left, ball step right home, step back on left
- 3&4&5      Tap right toe next to left, step down ¼ right on right, point left toe left, bring left toe home turning ¼ right, point right toe forward

6-7-8                Step down on right, brush left toe forward, cross left over right

**UNWIND ¼ TWIST RIGHT 2X, LUNGE, TAP, TAP, STEP, KICK & TOUCH**

1-2                Unwind twisting right ¼, repeat taking weight left

3-4                Lunge right foot to right side, touch right toe home

5-6                Tap out right with hip push, step out further right

7&8                Kick left foot forward, step left home, touch right next to left

**REPEAT**

**Styling option: dance ends with step hitch on front wall. Pose on words "yo trippin"**

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