

Young At Heart

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sue MacFarlane (CAN)
音樂: Not Too Young, Not Too Old - Aaron Carter



HIP BUMPS, SIDE, BEHIND, LEFT SHUFFLE

1-4 Step right slightly forward and bump hips 4 times to right
On each bump forward, snap fingers, while raising arms upwards
5-6 Step left to the left side, step right behind left
7&8 Step left to the left side, step right beside left, step left to the left side

TOUCH, CROSS, KICK BALL TOUCH, CROSS, ¼ BACK, SHUFFLE SIDE

1-2 Touch right toe to the right side, cross right over left
3&4 Kick left forward, step left beside right, touch right to the side
5-6 Cross right over left, step back on the left making ¼ turn right
7&8 Step right to the side, step left beside left, step right to the side

TOUCH, COASTER STEP, OUT, OUT, HEEL, TOES, HEELS

1-2 Touch left toe forward, drop left heel as you pivot ¼ turn right
3&4 Step back on the right, step left beside right, step forward on the right
5-6 Step left to the side, step right to the side
7&8 Bring both heels in, bring both toes in, then heels in (feet should be together at this point)

Variation: out, out, in, in, for counts &7&8

WALK, WALK, ROCK & STEP, WALK, WALK, ROCK & STEP

1-2 Step back on the right, step back on the left
3&4 Step back on the right, recover weight on the left, recover weight on the right
5-6 Step back on the left, step back on the right
7&8 Step back on the left, recover weight on the right, recover weight on the left

Optional: Roger Rabbits for count 1-8

REPEAT
