

# No Trippin'

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4  
編舞者: Bill Bader (CAN)  
音樂: Yo Trippin' - Anastacia

級數: Intermediate/Advanced



**FAN RIGHT  
TOE, RETURN  
TOUCH FWD,  
LOUIE-  
LOUIE, TOUCH  
BACK, 1/4  
TURN, STOMP  
TOGETHER,  
SWIVET  
RIGHT**

1-2 Fan R toe  
out, Return  
3 Touch R toe  
forward  
&4 Fan both  
heels in, Return  
("Louie-Louie")  
5 Touch R toe  
back  
6 Turn 1/4 right  
keeping weight  
on L  
7 Stomp down  
R heel beside L  
&8 Fan R toe to  
right while  
fanning L heel  
to left, Return  
("Swivet Right")  
(Tip: In a  
"Swivet", both  
toes remain  
parallel.)

**TWO TOE  
STRUTS BACK,  
HEEL JACK,  
STEP, TOUCH,  
HEEL JACK,  
STEP, TOUCH**

1-2 Touch R toe  
back, Lower R  
heel taking  
weight  
3-4 Touch L toe  
back, Lower L  
heel taking  
weight

&5 Step R back,  
Touch L heel  
forward angled  
slightly left  
&6 Step L in  
place (returning  
it to prior  
location), Touch  
R toe beside L  
&7&8 Repeat  
&5&6

## **FORWARD 1/2**

**PIVOT,**

**SHUFFLE**

**FORWARD,**

**FORWARD,**

**HIP PUSH**

**HITCH/TURN**

**1/4, TOUCH,**

**HITCH/TURN**

**1/4, TOUCH**

1-2 Step R

forward, Pivot

Turn 1/2 left

onto L

3&4 Shuffle

forward on R-L-

R

5 Place L foot

forward without

full weight

6 Push hips

forward shifting

full weight onto

L

&7 Hitch R knee

turning 1/4 left,

Touch R toe to

right side

(Paddle Turn

with a

preliminary

Hitch)

&8 Hitch R knee

turning 1/4 left,

Touch R toe to

right side

(Paddle Turn

with a

preliminary

Hitch)

**FORWARD,  
HOLD, 3  
ROGER  
RABBITS,  
STEP BESIDE,  
"HALF AN  
APPLE" (Left  
Applejack)**

1-2 Step R  
forward, Hold  
&3 Hitch L knee  
and scoot/slide  
back on R, Step  
L back  
&4 Hitch R knee  
and scoot/slide  
back on L, Step  
R back  
&5 Hitch L knee  
and scoot/slide  
back on R, Step  
L back  
6 Step R beside  
L (but slightly  
apart to  
accommodate  
the next  
moves)

This next move  
is an  
APPLEJACK,  
but just HALF  
the normal  
pattern and  
done HALF as  
fast:

7-8 Fan L toe  
out while  
fanning the R  
heel in, Return

(Unlike the  
earlier Swivet  
where the toes  
remain parallel,  
here in an  
Applejack, the  
toes move  
in opposite  
directions.)

Styling Count 7:  
Bend knees and  
raise both  
hands in front of  
chest  
(mid-chest  
level) with  
thumbs up and  
fingers cupped.

End of pattern.  
Begin again...

---