

Just Delicious

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Rozalynn Zainul Yusoff
音樂: Fergalicious - Fergie



WALK FORWARD X4, POINT RIGHT, CROSS OVER, POINT LEFT, HOLD

1-4 Walks forward, right left right left
5-8 Point right to side, cross right over left, touch left to side, hold

SIDE LEFT, CLOSE RIGHT, SIDE LEFT, TOUCH RIGHT, PADDLE TURNS X4, POINT RIGHT FORWARD & ACROSS, POINT RIGHT SIDE, POINT RIGHT FORWARD & ACROSS, HOLD

1-4 Step left to side, close right to left, step left to side, touch right to left
5-8 Step right forward and paddle turn $\frac{1}{4}$ left
1-4 Circling hips to the left, repeat 4 times (make a full turn)

Suggested styling: circle arms overhead in a circle to the left, in synch with hip circles (i.e. 4 times)

5-8 Point right forward and across left, point right to side, point right forward and across left, hold

HIP BUMP RIGHT $\frac{1}{4}$ TURN LEFT, HIP BUMP LEFT, CIRCLE HIPS TO THE LEFT

1-4 Step side turning $\frac{1}{4}$ to left bending knees and hip bump right, bend knees and hip bump to left

Suggested styling: put hand on back of right hip on right hip bump, put hand on back of left hip on left hip bump

5-8 Bounce heels 4 times while circling hips from left to right, ending with weight on left

Suggested styling: both hands remaining on back of hips

REPEAT
