

Inflated Ego

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Matt Barrett (UK)
音樂: Inflate My Ego - Daniel Bedingfield



KICKBALL POINTS, HEEL POPS

1&2 Kick right forward, replace right beside left, point left to left side
3&4 Kick left forward, replace left beside right, point right to right side
5&6 Kick right forward, replace right beside left, point left to left side
7&8 Kick left forward, replace left beside right as you pop heels up, pop heels down

TAP HITCH STEP, COASTER STEP, HIP BUMPS

1&2 Tap right, hitch right, step right back
3&4 Step left back, step right beside left, step left forward
&5&6 Bump hips forward, down, forward, up
&7&8 Bump hips forward, down, forward, up

On counts &5-8 pop shoulders left, right, left, right, left, right.

TURN, HEAD POP, SHOULDER POP, PUNCHING TURNS

& Step left ¼ turn to right (while punching left fist forward)
1 Step right beside left (while punching right fist forward beside left)
&2 Look up, look down.(fists still forward)
3&4 Drop fists, pop shoulders left, pop shoulders right
5& Punch left fist to left side, punch right fist turning body ¼ turn to left touching fists together
6 Pull both fists in to waist while popping waist forward
7& Punch right fist forward turning body ½ turn to right, punch left fist forward touching both fists
8 Pull fists to waist while popping waist forward.

ROCK RECOVER, SHUFFLE BACK, CHARLESTON SLIDES

1-2 Rock forward on left, recover onto right
3&4 Step left back, step right beside left, step left back.
5-6 Slide right back round left (in a ½ circle). Slide left back round right.
7-8 Slide right back round left, slide left back round left

Counts 5-8 are like Charleston steps but you slide round

JOKER STEP, RIGHT GRAPEVINE

1&2& Rock forward onto right, recover onto left, rock back onto right, recover onto left
3&4 Replace right beside left., swivel left toe left while also swiveling right heel to left, replace both left toe and right heel
5-6 Step right to right side, step left behind right
7-8 Step right to right side, step left beside right

On counts 5-8 bounce your shoulders on the and counts i.e. & 5 & 6 & 7 & 8

BOOGIE WALKS, KNEE POP

1 Kick right foot to right side
& Step right foot next to left
2 Step left foot to left diagonal, bending both knees to left
3 Step right foot to right diagonal, bending both knees to right
4 Step left foot to left diagonal, bending both knees to left
5&6 Kick right forward, step right to right side, step left to left side (on & left arm goes behind back, on 6 right arm forward fist pointing up)
7&8 Pop knees in, out, in (while swiping right arm left, right left)

Keep weight on right on 7 & 8

KICK AND CROSS, UNWIND, POINT X3, ½ TURN

- 1&2 Kick left forward, replace left, cross right over left
- 3-4 Hold, unwind full turn to left
- 5&6& Point right to right side, replace right beside left, point left to left side, replace left beside right
- 7-8 Point right to right side, pivot ½ turn to right bringing right beside left

LOCK STEP'S WITH ½ TURN, PIVOT ½ TURN TWICE

- 1-2& Step right forward, lock left behind right, step onto right
- 3-4& Step left ½ turn left, lock right behind left, step onto left foot
- 5-6 Step right forward, pivot ½ turn to left
- 7-8 Step right forward, pivot ½ turn to left

REPEAT

TAG

On 4th wall you do all of section 1 then the tag then start the dance again. On the 9th wall after the right grapevine you dance the tag

HANDS UP, HANDS CROSS, SWAY

- 1-2 Punch right arm up to diaconal with open hand, punch left arm up to diagonal with open hand
- 3-4 Cross right hand on left hip, cross left hand on right hip
- 5-8 Sway hips right, left, right, left

Dance the tag on the 4th wall after section 1 then on the 9th wall after the right grapevine but sway till the end of music
