

Invitation To Party (Foo Foo)

COPPER **NOB**
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate / Advanced WCS
編舞者: Michele Perron (CAN)
音樂: Won't Get Up - Gerald Levert



Intro - 32 counts - Clockwise rotation.

SEC.I (1-8) FORWARD-LOCK-FORWARD-FORWARD-LOCK-FORWARD-HITCH, PRESS, HEEL TWIST, HEEL TWIST, HITCH, TOUCH, FLICK/KICK

1,& RIGHT Step forward diagonal R; LEFT Lock/Step forward in behind R
2,& RIGHT Step forward diagonal R; LEFT Step forward diagonal L
3,& RIGHT Lock/Step forward in behind L; LEFT Step forward diagonal L
4,5 RIGHT Knee Hitch; RIGHT Press/Touch forward (R knee bends)
6,& RIGHT Heel/Twist to R, to L (keep R Toe pressed forward)[hips bump R,L]
7,& RIGHT Knee Hitch; RIGHT Toe/Touch beside L
8 Turn 1/4 Turn L with RIGHT Kick back * (9 o'clock)

* (Slide/Brush toe/ball back as you kick back, R knee bends, 'flick-kick')

SEC.II (9-16) BACK, TOGETHER, FORWARD, SIDE/ROCK-RECOVER-ACROSS, SIDE/ROCK-RECOVER-ACROSS, SIDE-ACROSS, SIDE-ACROSS

1,2 RIGHT Step back; LEFT back and beside R
&,3 RIGHT Step forward and across front of L; LEFT Rock/Step side L
&,4 RIGHT Recover/Step side R; LEFT Step across front of R
5,&,6 RIGHT Rock/Step side R; LEFT Recover/Step side L, RIGHT Step across front of L
&,7 LEFT Step side L; RIGHT Step across front of L
&,8 LEFT Step side L; RIGHT Step across front of L

SEC.III (17-24) TURN-TOUCH, HOLD, STEP-TOUCH, STEP-TOUCH, TURN-TOUCH, HOLD, STEP-TOUCH, STEP-TOUCH

&,1 Turn 1/4 L with LEFT Step forward; RIGHT Touch forward (R arm forward) (6 o'clock)
2 HOLD
&,3 RIGHT Step beside L; LEFT Toe/Touch side L
&,4 LEFT Step beside R; RIGHT Toe/Touch side R
&,5 Turn 1/4 L with RIGHT Step beside L; LEFT Toe/Touch forward (L arm forward) (3 o'clock)
6 HOLD
&,7 LEFT Step beside R; RIGHT Toe/Touch side R
&,8 RIGHT Step beside L; LEFT Toe/Touch side L

SEC.IV (25-32) TOGETHER-TOUCH, TURN, SIDE/ROCK-RECOVER-ACROSS, SIDE-BEHIND-SIDE-ACROSS, FORWARD, HITCH/BEHIND

&,1 LEFT Step beside R; RIGHT Toe/Touch side R
2 Full (Monterey) Turn R [weight ends on R] (3 o'clock)
3,&,4 LEFT Rock/Step side L; RIGHT Recover/Step side R, LEFT Step across front of R
5,& RIGHT Step side R; LEFT Step crossed behind R
6,& RIGHT Step side R; LEFT Step across front of R
7 RIGHT Step forward diagonal R (face diagonal R)
8 LEFT Knee Hitch behind R with L foot 'hooked' behind R leg/ankle, R Knee bends (face diagonal R)

(Arms: Both hands push forward, below waist, bend elbows, palms facing front)

SEC.V (33-40) BACK, BACK, FORWARD, FORWARD, TOUCH, BACK, BACK, L TRIPLE/TURN

1,2 LEFT Step back; RIGHT Step back (Counts 1,2 face diagonal R)

- &,3,4 LEFT Step forward diagonal L; RIGHT Step forward diagonal L, LEFT Toe/Touch forward
- 5 LEFT Step back with 1/4 Turn L (12 o'clock)
- 6 Turn 1/4 Turn L with RIGHT back and crossed behind L (9 o'clock)
- 7,&,8 LEFT Triple Step forward with 1/4 Turn L (L side, R together, L forward) (6 o'clock)

SEC.VI (41-48) BACK, TOUCH, FORWARD, TOUCH; &-LOCK, &-ACROSS, BACK, BEHIND

- 1,2 RIGHT Step back; LEFT Slide and Toe/Touch beside R with 1/4 Turn L (3 o'clock)
- 3 Execute 1/4 Turn L with LEFT Step forward (12 o'clock)
- 4 RIGHT Slide and Toe/Touch beside L
- &,5 RIGHT Step forward; LEFT Lock/Step forward in behind R
- &,6 Turn 1/4 L with RIGHT Step side R; LEFT Step across front of R (9 o'clock)
- 7,8 Execute 1/4 Turn L with RIGHT Step back; LEFT Step behind R (third foot position) (6 o'clock)

SEC.VII (49-56) FORWARD, TOUCH, FORWARD, TOUCH, &-LOCK, &-ACROSS, BACK, BEHIND

- 1,2 RIGHT Step forward; LEFT Slide and Toe/Touch beside R (Option: R heel lifts)
- 3,4 LEFT Step forward; RIGHT Slide and Toe/Touch beside L (Option: L heel lifts)
- &,5 RIGHT Step forward; LEFT Lock/Step forward in behind R
- &,6 Turn 1/4 L with RIGHT Step side R; LEFT Step across front of R (3 o'clock)
- 7,8 Turn 1/4 L with RIGHT Step back; LEFT Step behind R (third foot position) (12 o'clock)

SEC.VIII (57-64) R TRIPLE FORWARD, L TRIPLE FORWARD; HITCH/TURN, TOUCH (4 times)

- 1&2 RIGHT Triple forward (R forward, L 'Lock' forward and in behind, R forward)
- 3&4 LEFT Triple forward (L forward, R 'Lock' forward and in behind, L forward)
- &5,&6 Begin 3/4 Turn L with RIGHT Knee Hitch; RIGHT Toe/Touch side R (Repeat &6)
- &7,&8 Complete 3/4 Turn L with RIGHT Knee Hitch; RIGHT Toe/Touch side R (Repeat &8) (3 o'clock)

Begin Again

Dance Ends on Count 16, SEC.II, facing 3 o'clock wall. 'Continue' with Counts &,1 of Sec.III, with Turn-Touch to face 12 o'clock and hold a POSE!

Contact: michele.perron@gmail.com

Last Update – 3 Sept. 2020
