

Hit Me Up

COPPER **NOB**
BY STEPHENETS

拍數: 48 牆數: 2 級數: Intermediate
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音樂: Hit Me Up - Gia Farrell



SLIP STEP-KNEE ROLL, SLIP STEP-KNEE ROLL, SIDE ROCK & CROSS, ¾ RIGHT TRIPLE STEP

- 1&2 Lunge right foot to right side while left toe slips out to left side (all on count 1), drag left toe in next to right (& count), roll left knee out to left while stepping down on left heel
- 3&4 Lunge right foot to right side while left toe slips out to left side (all on count 3), drag left toe in next to right (& count), roll left knee out to left while stepping down on left heel
- 5&6 Rock right foot to right side, recover weight back to left foot, cross right foot over left
- 7&8 Pivot ¼ right stepping back on left foot (3:00), pivot ½ right (9:00) stepping forward on right, step forward on left foot

MAMBO FORWARD, MAMBO BACK, STEP-QUARTER-CROSS, STEP SIDE, ½ RIGHT STEP SIDE

- 1&2 Step forward on right foot, step left foot in place, step together on right foot
- 3&4 Step back on left foot, step right foot in place, step together on left foot
- 5&6 Step forward on right foot, pivot ¼ left (6:00) stepping onto left foot, cross right foot over left
- 7 Step left foot to left side prepping to turn right
- 8 Complete a ½ turn right (12:00) stepping the right foot to right side

Restart here, once, on 7th wall (4th time starting on front wall)

BALL CROSS, HOLD, ROCK-RECOVER-CROSS, ¾ RIGHT MONTEREY, ½ RIGHT- ½ RIGHT-PRESS

- &1-2 Bring left foot next to right, cross right foot over left, hold on count 2
- 3&4 Rock left foot to left side, recover weight back to right foot, cross left foot over right
- 5-6 Touch right toe to right, pivot ¾ right (9:00) while on left foot stepping right foot forward
- 7&8 Continue turning ½ right (3:00) stepping left foot next to right, continue turning ½ right (9:00), stepping right foot in place, press forward on ball of left foot (weight is on both feet)

Easier option:

- 7&8- Step forward on left, step together right, press forward on left

TAP-TAP-KICK, COASTER-CROSS, ROCK SIDE, ¼ PIVOT LEFT, STEP-TUCK-½ LEFT KNEE ROLL

- 1&2 Tap left heel down 2 times, then low kick left foot forward
- 3&4 Step back on left foot, step right foot to the right side, cross left foot over right
- 5-6 Side rock to right side, turn ¼ left (6:00) recovering weight on left foot
- 7&8 Step forward on right foot, bring left knee in next to right (& count), pivot ½ left (12:00) keeping the weight on the right foot as you roll the left knee out (keeping the left toe on the floor and the heel up)

½ LEFT-½ LEFT-KNEE ROLL, SWEEP BEHIND-SIDE-CROSS, BALL CROSS, HOLD, BALL- ¼ LEFT STEP-POINT

- 1&2 Turn ½ left (6:00) stepping in place on ball of left foot, pivot ½ left (12:00) stepping back on right foot, roll the left knee out (keeping the left toe on floor and heel up)
- 3&4 Sweep the left foot behind and step right, step right foot to the right side, cross left over right foot
- &5-6 Step on right foot to the right side, cross the left foot over the right, hold for count 6
- 7&8 Step forward on right foot, turning ¼ left (9:00) step together on left foot, point right toe to right

CROSS-TOGETHER-PUSH, BEHIND-SIDE-FORWARD, ¼ LEFT POINT, AND POINT, AND CROSS, FULL TURN UNWIND

- 1&2 Cross step right foot over left, turn to face right diagonal (10:30) stepping together on left foot, push arms forward and with knees locked push tush back prepping weight onto right foot

- 3&4 Step left foot behind right, step right foot to right side squaring off to side wall (9:00), step forward on left foot
- 5&6 Turn $\frac{1}{4}$ left pointing right toe to right, step together on right foot, point left toe to left
- &7-8 Step together on left foot, cross right over left, unwind one full turn left ending with weight on left

REPEAT
