

Hay Que Linda

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Johnny T. Darl
音樂: Hay Que Linda - Dreamhouse



Walls 1,3,4,5,7 are 64 counts; walls 2 and 6 are 48 counts

SHIMMY FORWARD, HALFTURN, SHIMMY FORWARD

1 Step forward on left foot (bending knees slightly down)
&2&3&4 Shimmy shoulders forward and upward (as knees straighten up)
& Pushing back off left foot, make ½ turn left on ball of right foot
5 Step forward on left foot (bending knees slightly down)
&6&7&8 Shimmy shoulders forward and upward (as knees straighten up)

ROCK FORWARD AND BACK, STEP BACK, HOLD, PIVOT, HOLD, SHUFFLE

9 Rock forward onto right foot
10 Rock back onto left foot
11 Step right foot back
12 Hold
13 Pivot ½ turn to right on balls of both feet
14 Hold
15&16 Left shuffle forward with right lock step behind left (left, right-lock, left)

TRAVELING HIP BUMPS, ROCK FORWARD AND BACK

17&18 Step right foot forward and diagonally right while bumping hips forward, back, forward
19&20 Step left foot forward and diagonally left while bumping hips forward, back, forward
21&22 Step right foot forward and diagonally right while bumping hips forward, back, forward
23 Rock forward onto left foot
24 Rock back onto right foot

STEP BACK AND HOOK, HOLD, UNWIND, SCOOT BACKWARDS

25 Step left foot slightly back and hook behind right foot
26 Hold
27 Unwind ¾ turn to left
28 Hold
29 Hitch right knee and scoot back on left foot
& Lower right foot to ground
30 Hitch left knee and scoot back on right foot
& Lower left foot to ground
31 Hitch right knee and scoot back on left foot
32 Touch right foot to ground

You may also "mashed potato" backwards on counts 29-32

KNEE ROLL, SLIDE TO RIGHT, TURN, HOLD, BODY ROLL

33-34 Roll right knee to the right
35 Slide right foot to right side
& Slide left next to right
36 Slide right foot to right side
37 Step left foot forward and into a ¼ right turn
38 Hold

39&40 Body roll; bend knees slight as to start sitting down, pull rear end back slightly at the same time pushing chest slightly forward, stand up as you roll chest upward

STEP BACK, HOLD, STEP BACK, PIVOT, TURN, HIP BUMPS, TURN, HIP BUMPS, TURN

41 Step left foot backward
42 Hold
43 Step right foot back
44 Pivot ½ turn to right on balls of both feet
& Step left foot forward into right ¼ turn
45&46 Bump hips left, right, left
& Pivot right ½ turn on ball of left foot
47&48 Bump hips right, left, right
& Pivot ¼ right turn on ball of right foot

Walls 2 and 6 end here. Begin with counts 1-8 again

STEP FORWARD, HOLD, BODY ROLL, STEP BACK, HOLD, STEP BACK, PIVOT

49 Step left foot forward
50 Hold
51&52 Body roll; bend knees slight as to start sitting down, pull rear end back slightly at the same time pushing chest slightly forward, stand up as you roll chest upward
53 Step left foot backward
54 Hold
55 Step right foot back
56 Pivot ½ turn to right on balls of both feet

KNEE ROLL, KNEE ROLL, TURN, TURN, HOOK, UNWIND

57-58 Touch left foot slightly forward and roll left knee to the left
& Step down on left foot
59-60 Touch right foot slightly forward and roll right knee to the right
61 Step right foot forward into a right ¼ turn
62 Step back onto left foot continuing with another right ¼ turn
63 Hook right foot behind left
64 Unwind ½ turn to right on balls of both feet (transfer weight to right foot)

REPEAT
