

G.R.I.T.S. On The Floor

COPPER KNOB
BY STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Janie Perkins (USA)
音樂: Kiss This - Aaron Tippin



HEEL SWITCHES, STOMP, TOE SPLITS, HEEL SPLITS

- 1-2 Right heel forward, left heel forward
- 3-4 Right heel forward, stomp right foot next to left foot
- 5-6 Rock back on heels while toes split out (toes should be off the floor), bring toes together
- 7-8 Split heels out, bring heels together

SIDE STEP, ¼ RIGHT TURN, ¼ LEFT TURN, SIDE SHUFFLE

- 1-2 Step to right side with right foot, step left foot next to right foot
- 3-4 Step ¼ turn right with right foot, step left foot next to right foot
- 5-6 Step ¼ turn left with right foot, step left foot next to right foot
- 7&8 Step to right side with right foot, step left foot next to right, step to right side with right foot (right, left, right)

LEFT MONTEREY TURN

- 1-2 Point left toe to left side, ½ turn left (swing left leg around shifting weight to left foot)
- 3-4 Point right toe to right side, step right foot next to left foot
- 5-6 Point left toe to left side, ½ turn left (swing left leg around shifting weight to left foot)
- 7-8 Point right to right side, step right foot next to left foot

SIDE STEP, ¼ TURN LEFT, ¼ TURN RIGHT, SIDE SHUFFLE

- 1-2 Step to left side with left foot, step right foot next to left foot
- 3-4 Step ¼ turn left with left foot, step right foot next to left foot
- 5-6 Step ¼ turn right with left foot, step right foot next to left foot
- 7&8 Step to left side with left foot, step right foot next to left, step to left side with left foot (right, left, right)

RIGHT MONTEREY TURN

- 1-2 Point right toe to right side, ½ turn right (swing right leg around shifting weight to right foot)
- 3-4 Point left toe to left side, step left foot next to right
- 5-6 Point right toe to right side, ½ turn right (swing right leg around shifting weight to right foot)
- 7-8 Point left toe to left side, step left foot next to right foot

FORWARD STEPS WITH HIP BUMPS

- 1-2 Step forward on right foot while bumping hips right twice
- 3-4 Step forward on left foot while bumping hips left twice
- 5-6 Step forward on right foot while bumping hips right twice
- 7-8 Step forward on left foot while bumping hips left twice

ROCK STEPS, SHUFFLE STEPS WITH ½ TURNS

- 1-2 Rock forward on right foot, rock back on left foot (recover on left foot)
- 3&4 Step right foot forward, step left foot next to right foot, step left foot forward (right, left, right) while turning ½ right
- 5-6 Rock forward on left foot, rock back on right foot (recover on right foot)
- 7&8 Step left foot forward, step right foot next to left foot, step left foot forward (left, right, left) while turning ½ left

TOE POINTS, ½ TURN LEFT, TOE POINTS, ¼ TURN LEFT

- 1-2 Point right toe to right side, point right toe to left side across left foot
- 3-4 Point right toe to right side, cross right foot over left foot
- 5-6 Unwind legs by turning $\frac{1}{2}$ left, point left toe to left side
- 7-8 Point left toe to right side across right foot, step $\frac{1}{4}$ turn left with left foot

REPEAT
