

# Geris Secret

COPPER KNOB  
STEPSHEETS

拍數: 48                      牆數: 4                      級數: Intermediate/Advanced  
編舞者: David J. McDonagh (WLS)  
音樂: Mi Chico Latino (Original Mix) - Geri Halliwell



## HIP BUMPS TRAVELING BACK ("WITH HAND MOVEMENTS")

1&2                      Step right back angling body to right diagonal while bumping hips: right, left, right  
&3&4                      Continue bumping hips: left, right, left, right  
5&6                      Step left back angling body to left diagonal while bumping hips : left, right, left  
&7&8                      Continue bumping hips: right, left, right, left

**Styling: while bumping hips: raise both hands at head level, pushing arms up & down. Right arm down with right hip, left arm down with left hip**

## TOE & HEEL SWITCHES BACKWARDS, BRUSH - STEP BACK, KICK - CROSS, POINTS

**With body still facing left diagonal**

9&                      Touch right toe back, step right beside left  
10&                      Touch left heel forward, step left beside right  
11&12                      Brush right toe forward, hitch/raise right knee, step right back

**End with right instep behind left heel: right toe pointing 3:00, left toe pointing front wall, with body now facing front wall**

13&                      Kick left forward, cross step left over right  
14&                      Step right back, step left beside right  
15&                      Point right toe to right side, step right beside left  
16                      On ball of right turn a ¼ turn left - touching left toe forward

## BODY ROLL - FORWARD & BACK, SWEEP AROUND, HOLD & CLICK

17&18                      Do a body roll leading from left foot upwards to head  
19&20                      Do a body roll leading from head downwards to left foot

**On counts (19&20) do a right arm snake roll forward**

21-22                      On ball of left foot sweep right foot around in a circular motion, turning ½ turn left  
23                      End with right toe touching across left preparing to click fingers at head level  
24                      Hold for (1) count while clicking fingers at head level & flicking head up slightly

**During counts (23-24) angle body to left diagonal**

## SYNCOPATED ROCK STEPS, SIDE SWITCH, SYNCOPATED KICKS, "GET DOWN"

&                      On ball of left foot unwind ½ turn left jumping right back slightly  
25                      Extend left heel forward  
&26                      Step left back to center, touch right toe beside left  
&27                      Jump right back slightly, extend left heel forward  
&28                      Step left back to center, touch right toe beside left  
29&                      Touch right toe to right side, step right beside left  
30&31                      Kick left forward, step left beside right, kick right forward  
&32                      Slide right backwards while bending down onto right knee

## "GET UP", MASHED POTATO STEPS, "NORMAL" RUNNING MAN STEPS TURNING

33-34                      While standing up unwind a ¾ turn on the spot over right shoulder (feet end together)  
&35                      Split both heels apart, split both heels together sliding left foot forward  
&36                      Split both heels apart, split both heels together sliding left foot back  
&                      Split both heels apart  
37&                      Step left forward, slide left foot back to center hitching/raising right knee  
38&                      Step right forward, slide right foot back to center hitching/raising left knee  
39&                      Step left forward, slide left foot back to center hitching/raising right knee

On counts (37&, 38&, 39&) rotate a ¼ turn over left shoulder on the spot, end facing 3:00 wall from front wall  
40 Step right to right side shoulder width apart

**SNAKE ROLL ("WITH MORE HANDS"), SHIMMY LEFT, CLAP-CLICK**

41&42 Do a body/snake roll to right side leading from head to hips (end leaning right)

**At the end of your snake roll (count 42) turn hands sharply so palms face front**

&43 Lean body to left side straightening up

**On counts (&43) raising both lower arms roll/twist: fingers & wrist inwards & downwards. End with upper arms strait out to the sides with elbows bent so that hands are up, palms forward.**

&44 Lean body to right side

**On counts (&44) lowering both lower arms roll/twist: fingers & wrist inwards & downwards, ending with arms down to sides normally**

45-46 Step left to left side shimmying shoulders

47 On ball of left foot turn ½ turn left over left shoulder, stepping right beside left

&48 Clap hands, click both hands upwards at head level

**REPEAT**

**TAG**

**Do the following tag after 4th repetition (only with "Mi Chico Latino"):**

**SIDE SWITCHES, MONTEREY TURN, SYNCOPATED ROCK STEPS**

1& Point right toe to right side, step right beside left

2& Point left toe to left side, step left beside right

3& Point right toe to right side, step right beside left turning ½ turn over right shoulder

4& Point left toe to left side, step left beside right

5& Rock forward onto right foot, rock weight back onto left foot

6& Rock back onto right foot, rock weight forward onto right foot

7& Rock forward onto right foot, rock weight back onto left foot

8& Rock back onto right foot, rock weight forward onto right foot

**KICK BALL POINTS, & SLIDE, APPLEJACKS, SHIMMY LEFT, CLAP-CLICK**

9&10 Kick right forward, step right beside left, point left toe to left side

11&12 Kick left forward, step left beside right, point right toe to right side

&13-14 Hitch/raise right knee, step right to right side, slide left beside right

15& With weight on left heel & right toe: swivel left toe & right heel: left, swivel back to center

16& With weight on left toe & right heel: swivel left heel & right toe: right, swivel back to center

17-18 Step left to left side shimmying shoulders

19 On ball of left foot turn ½ turn left over left shoulder, stepping right beside left

&20 Clap hands, click both hands upwards at head level

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