

For Real

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Sue MacFarlane (CAN)
音樂: I'm Real - Jennifer Lopez



INTRO

When using the song "I'm Real" to get in the mood and groove try the intro. Start after 32 counts

- 1-2-3&4& Walk back right, left, pop right knee forward and replace weight, then left knee forward and replace weight
5-6-7&8& Walk forward right, left, pop right knee forward and replace weight, then left knee forward and replace weight
1-2-3&4& Walk back right, left, pop right knee forward and replace weight, then left knee forward and replace weight
5-6-7&8 Replace weight left and walk forward right, left, hold, then shrug shoulders up and down (&8)

THE MAIN DANCE

AND STEP, SLIDE AND TWIST, TWIST, TWIST - 2X

- &1 Feet together, step back left then push off left taking large step diagonally right
2 Slide left behind right
&3&4 Place right beside left and twist left, center, left
&5-6&7&8 Repeat above

CROSS ROCK STEP, CROSS ROCK STEP, AND 2 FULL PADDLE TURNS

- 1&2 Cross rock right over left, recover left and step right to the side
3&4 Repeat with left
5&6&7&8 Paddle turn left 2 full turns. Step right, push left for 4 half turns, touching right beside left for count 8. (can also turn slowly one full turn making ¼ turns for same count)

WALK, WALK, ROCK AND REPLACE, WALK, WALK COASTER STEP

- 1-2-3&4 Walk right, left, rock right forward, recover, and step right foot beside left
5-6-7&8 Walk back left, right, step back left, back right and forward left

SCUFF, HITCH, STOMP, TAP, TAP, SIDE, BUMP AND BUMP - HIP ROLLS

- 1&2-3&4 Scuff right foot, hitch and stomp right foot down beside left, tap right toe twice beside left, step right foot out shoulder width apart
5&6-7&8 Bump hips right, left, right and roll hips to the right (1½), changing weight to left foot

SAILOR RIGHT, SAILOR LEFT, SAILOR RIGHT, CROSS AND TURN

- 1&2-3&4-5&6-7-8 Cross right behind left, step left beside right, step right to side, then cross left behind right, step right beside left, step left to side, then cross right behind left, step left beside right, step right to side. Cross left behind right foot and turn full turn left (weight ending on left)

STEP, LOCK, STEP, STEP, STEP, LOCK, STEP, STEP

- 1-2-3-4 Step forward right, lock left behind right, step forward right, step left together
5-6-7-8 Repeat

KICK BALL CHANGE, KICK BALL TOUCH, WALK BACK LEFT, RIGHT, COASTER STEP

- 1&2 Kick forward right, step onto ball of right foot, replace weight onto left
3&4 Kick forward right, step onto right foot, touch left beside right
5-6-7&8 Walk back left, right, step back left, back right, forward left

KICK, TOUCH, HITCH, ¼ TURN, BUMP AND BUMP, SIDE BODY ROLL

- 1-2 Kick right across left, touch out right to side
3-4 Hitch right knee and turn $\frac{1}{4}$ turn to left, step down on right, shoulder width apart
5&6-7-8 Bump hips right, left, right and do a left side body roll, bringing right foot beside left

REPEAT

When using the song "I'm Real", on counts &3&4, at the beginning of the dance (for one time only) put left hand to ear as if talking on the phone
