

Feel The Groove

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Nicole Parsons (USA)
音樂: Play That Funky Music - Wild Cherry



KICK AND LUNGE STEPS, MOVING FORWARD

- 1&2& Kick right foot forward, step back on right foot, with weight on balls of both feet, lunge step out to left side, both heels facing left, & back to center again
- 3&4& Kick left foot forward, step back on left, lunge step right to right side, heels facing right, and return back to center again
- 5&6& Repeat 1&2&
- 7&8& Repeat 3&4& (end with weight on left foot)

SHUFFLE STEPS BACK & ¾ TURN

- 1&2 Shuffle step back right, left, right
- 3&4 Shuffle step back left, right, left
- 5&6 Shuffle step back right, left, right
- 7-8 Touch left toe behind right heel, unwind left to make a ¾ turn (weight on left)

TOE TAPS, KICK AND COASTER STEP

- 1& Touch right toe forward and to the right side
- 2 On 2 turn a ¼ turn right and kick right foot forward
- 3&4 Right coaster step back, step back right, together with left, forward on right
- 5& Touch left toe forward and to the left side
- 6 On 6 turn a ¼ turn left and kick left foot forward
- 7&8 Left coaster step back, step back left, together with right and forward on left

HIP BUMPS, HEEL JACKS AND ½ TURN

- 1&2 Moving forward - bump right hip forward twice
- 3&4 Moving forward - bump left hip forward twice
- 5&6& Kick right foot forward, step back on right foot, tap left heel forward and step down on left foot
- 7-8 Cross right foot over left and make ½ turn left

HIP BUMPS, HEEL JACKS AND ½ TURN

- 1&2 Moving forward - bump right hip forward twice
- 3&4 Moving forward - bump left hip forward twice
- 5&6& Kick right foot forward, step back on right foot and tap left heel forward, step down on left foot
- 7-8 Cross right foot over left and make ½ turn left

SHOULDER PUSHES

After you've done the above 8 counts, your feet will be apart. It may be helpful to bend your knees slightly, and place your hands on your thighs to push your shoulders side to side. If you cannot do this, use your thumbs and point them to the right and left

- 1-2 In place, push your shoulders to the right and to the left
- 3-4 Moving down, push shoulders right and left
- 5-6 Coming up slightly, push shoulders right and left
- 7-8 Back in starter position, push shoulders right and left

REPEAT