

Delight

COPPER **NOB**
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Yvonne Dunn (UK)
音樂: Rapper's Delight - The Sugarhill Gang



RIGHT HEEL GRIND, LEFT HEEL GRIND, SYNCOPATED ROCKS

- 1 Grind right heel forward (10:30-1:30)
- 2 Step right foot down
- 3 Grind left heel forward (1:30-10:30)
- 4 Step left foot down (face 12:00)
- 5 Rock right foot forward (1:30)
- & Recover
- 6 Close right foot next to left foot
- 7 Rock left foot back (7:30)
- & Recover
- 8 Close left foot next to right foot

KICK BALL ROCK STEPS, ¼ TURN, HEAD & CLICK SIDE CHASSE

- 1 Kick right foot forward (face 12:00)
- & Close right foot next to left foot
- 2 Rock left foot back
- & Recover
- 3 Kick left foot forward
- & Close left foot next to right foot
- 4 Rock right foot behind
- & Recover
- 5 Turn ¼ left, step right foot to the side (face 9:00)
- 6 Flick head from 9:00 to 12:00 & click right fingers out to 12:00
- 7 Close left foot to the left side (6:00) (facing 9:00)
- & Close right foot next to left foot
- 8 Step left foot to the left side (6:00)

HEEL JACKS, ¼ LEFT, SLIDE, BODY RIPPLES

- 1 Cross right foot in front of left foot
- & Step left foot to the left side (6:00)
- 2 Dig right heel diagonal forward (10:30)
- & Close right foot behind left foot
- 3 Cross left foot in front of right foot
- & Step right foot to the right side (12:00)
- 4 Dig left heel diagonal forward (7:30)
- 5 Turn ¼ left, big step left foot forward (face 6:00)
- 6 Close right foot next to left foot
- 7& Quick body ripple
- 8& Quick body ripple

SYNCOPATED ROCK, SWITCH STEPS, ¼ TURN, HEEL POPS, CLAPS

- 1 Rock right foot forward (6:00)
- & Recover
- 2 Close right foot next to left foot
- 3 Point left foot to the left side (3:00)
- & Close left foot next to right foot

- 4 Point right foot to the right side (9:00)
- 5 Step right foot forward, turn $\frac{1}{4}$ left
- 6 Step left foot to the left side (face 3:00)
- & Close right foot next to left foot
- 7 Heel pop/clap
- 8 Heel pop/clap

REPEAT
