

Crank Up The Attitude

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Terri Alexander (USA)
音樂: S.O.S. (Rescue Me) - Rihanna



WALK FORWARD LEFT, RIGHT, LEFT, ¼ TURN LEFT HITCH, SQUAT PELVIC PUSHES

- 1-2 Step forward left, step forward right
3-4 Step forward left, hitch right while turning ¼ to left (hitch right knee facing right side) (9:00)
5-6 Touch step right to right (angle body slightly right) bending knees(squat!), straighten up
 (small pelvic push forward) weight stays on left
7-8 Bend knees(squat), straighten up(small pelvic push forward) weight transfers to right

Add your attitude

STEP SLIDE LEFT, STEP SLIDE RIGHT, ¼ TURN LEFT, ½ TURN LEFT, LEFT COASTER

- 1-2 Step left to left side (angle body to left), slide right to meet left (weight stays on left)
3-4 Step right to right side (angle body to right), slide left to meet right (weight stays on right)
5-6 Turn ¼ left stepping left forward, turn ½ left stepping right back
7&8 Step left back, step right beside left, step left forward (12:00)

STEP, CROSS, STEP, TOUCH, STEP, CROSS, TURN ¼ LEFT, TOUCH

- 1-2 Step right to right, cross step left over right
3-4 Step right to right, touch left beside right instep (left knee bent facing left side) (9:00)
5-6 Step left to left (angle body slightly left), cross step right over left
7-8 Turn ¼ right stepping left back, touch right forward (right knee bent) (3:00)

STEP, TURN ½ RIGHT, RIGHT COASTER, OUT, OUT, IN, IN

- 1-2 Step weight to right, turn ½ right stepping left back
3&4 Step back right, step left beside right, step right forward
5-6 Step left forward and out, step right forward and out
7-8 Step left back and in, step right back and in (9:00)

Add a little hip movement for counts 5-8

REPEAT
