

Contagious

COPPER KNOB
STEPPERS

拍數: 48 牆數: 0 級數:
編舞者: Lynnette Rock (USA)
音樂: Fever - Jeff Moore



HIP HOP

1 Jump back on right foot and kick left foot out
& Step on left foot
2 Step right foot across left foot
& Step on left foot keeping it behind the right foot
3 Jump back on right foot and kick left foot out
& Step on left foot
4 Step right foot across left foot

VINE LEFT

5 Step left foot out to side
6 Step right foot behind left foot
7 Step left foot out to side
8 Touch right foot next to left

PULLS FORWARD

9 Step right foot forward
& Drag left foot up to right foot
10 Step on left foot next to right foot
11 Step right foot forward
& Drag left foot up to right foot
12 Step on left foot next to right foot

TURN & KICK

13 Step right foot forward and turn ¼ left
14 Step on left foot
15 Kick right foot forward
& Rock back on right foot
16 Step on left foot

SCOOT

17 Step right foot forward
& Chug left leg behind right
18 Step left foot back
19 Put left heel out, taking weight
& Drag right foot to left keeping weight on left heel
20 Step on right foot

SHAKES

21 Step left foot forward
&22 Bump left hip back, then forward
23 Step right foot forward
&24 Bump right hip back, then forward

BACKWARDS TURN

25 Step left foot back

- 26 Step right foot turning $\frac{1}{4}$ right
- 27 Step left foot turning $\frac{1}{4}$ right
- 28 Step right foot turning $\frac{1}{2}$ right (turn a full turn to the right on 26, 27 & 28)

PULL FORWARD

- 29 Step left foot forward
- & Drag right foot up to the left foot
- 30 Step on right foot
- 31 Step left foot forward
- & Drag right foot up to left foot
- 32 Step on right foot

KICK TOUCHES

- 33 Kick left foot forward
- & Step on left foot
- 34 Touch right toe out to side
- 35 Kick right foot forward
- & Step on right foot
- 36 Touch left toe out to side

BODY ROLLS

- 37 Step left foot out to side separating feet
- &38 Roll shoulders, stomach, and hips back
- 39& Roll hips, stomach, and shoulders forward
- 40 Drag left foot to right foot

JUMP TURNS

- &41 Step on left foot with right heel out
- 42 Cross right foot in front of left
- 43 Unwind legs to turn $\frac{3}{4}$ left
- 44 Hold
- &45 Step on left foot with right heel out
- 46 Cross right foot in front of left
- 47 Unwind legs to turn $\frac{1}{2}$ left
- 48 Hold

REPEAT
