

Bump 'n' Grind

COPPERKNOB
STEPSHEETS

拍數: 0 牆數: 1 級數: Intermediate/Advanced
編舞者: Nicki Rogers (UK)
音樂: She Bangs - Ricky Martin



Sequence: ABB, Tag, ABB, Tag, CBBB

SECTION A

1-4 Right vine with left scuff
5-6-7&8 Left chasse rock back on right

1&2 Right kick ball change
3&4 Right kick ball change
5-6-7&8 Walk right, left, right shuffle

1&2 Left kick ball change
3&4 Left kick ball change
5-6-7&8 Walk left, right, left shuffle

1-2-3&4 Right rock forward, triple half turn
5-6-7&8 Left rock forward, coaster

1-4 Right side rock, sailor
5-8 Left side rock, sailor

1-4 Right kick front, kick side, coaster
5-8 Left kick front, kick side, coaster

1-4 Monterey half
5-8 Monterey half

1&2-3-4 Right side chasse, rock back left
5&6-7-8 Left side chasse, rock back right

1-2&3-4 Syncopated vine, touch right to right side
5-6-7-8 Step right behind left, touch left to left side, step left to front, unwind

1-2-3-4 Right jazz box
5&6&7-8 Heel switches right, left, right, clap, clap

1&2&3-4 Heel switches left, right, left, clap, clap
5-6 Right step, wiggle bum
7-8 Left step, wiggle bum

1-2 Right to side, back in, weight onto right
3-4 Left to side, back in, weight onto left (left slightly behind right)
5-8 Sit down, stand up, sit down, stand up

SECTION B

1-4 Two right Elvis knees
5-8 Two left Elvis knees

1-4 Right front, side, switch, switch
 5-8 Right front, side, switch, switch

1-4 Shoulder pops right, left, right, left(on last, bring right to left and change weight)
 5-8 Shoulder pops left, right, left, right(on first, left out, on last left in)

1-4 Right rock forward, triple half
 5-6-7&8 Left rock forward, recover, coaster

SECTION C

1-2-3&4 Right rock forward, $\frac{3}{4}$ turn
 5-6-7&8 Left rock forward, coaster

1-2-3&4 Skate right, left, right shuffle
 5-6-7&8 Skate left, right, left shuffle

1-2-3&4 Right cross rock, right chasse
 5-6-7&8 Left cross rock, left chasse

1-2-3&4 Right rock forward, $\frac{3}{4}$ turn
 5-6-7&8 Left rock coaster

1-2&3-4 Syncopated vine to right, touch right to right side
 5-8 Step right behind left, touch left to left side, step left to front, unwind

1-4 Right jazz box
 5&6&7-8 Heel switches right, left, right, clap, clap

1&2&3-4 Heel switches left, right, left, clap, clap
 5-6 Right step, wiggle bum
 7-8 Left step, wiggle bum

1-2 Right to side, back in, weight onto right
 3-4 Left to side, back in, weight onto left (left slightly behind right)
 5-8 Sit down, stand up, sit down, stand up

1-4 Hold

TAG

1&2 Right rock and cross
 3&4 Left rock and cross
 5-8 Right jazz box
