

Bootylicious

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Improver
編舞者: William Ambrose (UK)
音樂: Bootylicious - Destiny's Child



SIDE RIGHT WITH HIP BUMPS TWICE

& Step right to right side
1-2 Step left beside right bumping hips right, bumps hips left
3-4 Bump hips right, bump hips left
& Repeat &
5-8 Repeat 1-4

ROCK FORWARD, COASTER STEP TWICE,

9-10 Rock forward on right, back on left
11&12 Step right back, step left beside right, step right forward
13-14 Rock forward on left, back on right
15&16 Step left back, step right beside left, step left forward

ROCK FORWARD, TRIPLE STEP ½ RIGHT, HIP BUMPS

17-18 Rock forward on right, back on left,
19&20 Triple step a ½ turn right stepping right, left, right
21-22 Step left forward to left diagonal bumping hips left, bump hips left
23-24 Repeat 22 another 2 times

DIAGONAL STEPS TRAVELING FORWARD WITH BUMPS RIGHT AND LEFT

25-26 Step right forward to right diagonal pushing hips back, step left beside right pushing hips forward, (hips should move smoothly to the beat)
27-28 Repeat 25-26 touch right beside left on 26
29-32 Repeat 25-28 leading left to left diagonal

SIDE CLOSE, SIDE ¼ TURN LEFT KICK FORWARD (WITH CUBAN HIPS), WALK FORWARD WITH HIP BUMPS KICK FORWARD

33-34 Step right to right side bumping hips left, step left beside right bumping hips right
35-36 Step right to right side bumping hips left, on ball of right turn a ¼ turn left kicking left foot forward with attitude
37-38 Step left forward pushing hips back, step right beside left pushing hips forward (hips should move smoothly)
39-40 Step left forward pushing hips back, kick right foot forward with attitude

SHUFFLE BACK TWICE, COASTER STEP TWICE

41&42 Step right back, step left beside right, step right back
43&44 Step left back, step right beside left, step left back
45&46 Step right back, step left beside right, step right forward
47&48 Step left forward, step right beside left, step left back

ARM MOVEMENTS, HITCHES WITH SLAPS, HEEL GRIND, OUT OUT, HIP BUMPS WITH HEAD MOVEMENTS

49-50 Bring right arm up as if lifting a dumb bell up and touch right elbow with left hand, repeat on left arm
51-52 Hitch right leg up over left slapping right ankle with left hand, slap right ankle with right hand while turning a ¼ turn left
53-54 Rock weight on to right grinding right heel from left to right, rock weight back to left,

& Step right back and at shoulder width
55&56 Step left beside right back and at shoulder width, bump hips left turning head left, bump hips right turning head right

CROSS SIDE, CROSS TOUCH, ¼ TURN RIGHT, CROSS SIDE, CROSS TOGETHER, (CUBAN HIPS)

57-58 Cross step left over right pushing hips right, step right to right side pushing hips left
59-60 Cross step left over right pushing hips right, touch right to right side
61-62 On ball of left turn a ¼ turn right stepping right over left pushing hips left, step left to left side pushing hips right
63-64 Cross right over left pushing hips left, step left beside right

REPEAT

On every 2nd count try clicking your fingers with the beat mostly on the hips bumps. On counts 1-8 you can double the amount of hip bumps by bumping to the double time beat of the song so 16 bumps are done altogether. Also on counts 21-24 you can double the bumps up to 8.
