

Bad Monkey

COPPERKNOB
BY STEPHENETS

拍數: 40 牆數: 2 級數: Advanced
編舞者: Leslie Moore (USA)
音樂: Knock Yourself Out - Lee Roy Parnell



- 1-2 Stomp right foot forward; clap
&3 Small step forward (to right heel) with left foot (&); step right foot forward
4 Clap
5-8 Two hip circles, to the left
- 1 Step backward on right foot
2 Turning ½ to left on right foot, step forward on left foot
3-4 Step forward right; pivot ½ to left (to face original wall)
&5 Jump forward to land right, extending right arm straight forward (&), then left, extending left arm straight forward (5)
6 Clap
7 Lift left knee across body (angling to right), while pulling both hands down to left hip
&8 Extending left leg to left side, ball change left-right
- 1&2 Left sailor shuffle
3&4 Right kick ball change, kicking diagonally left across body
5-6 Turning right knee inward, touch right toe at left instep; turning right knee outward, touch right heel at left instep
7 Step right across left
&8 Small step left with left foot (&); step right across left (8) - like a traveling ball change
- &1 Small step left with left foot (&); extend right heel forward, angled to right (1)
2 Clap hands, arms straight and over extended right heel
3 Push right hip forward, while pulling clasped hands toward hip
4 Return right hip to center, while pushing hands forward
5-8 Right grapevine, extending left heel forward on final count

HEEL SCISSORS

- &1&2 Jump to put weight on left foot (&); step right across left (1); jump to take small step left on left foot (&); extend right heel forward (2)
&3 Jump to take small step to right on right foot (&); step left across right (3)
4 Unwind ½ turn to right, ending with feet hip distance apart
- Keeping feet hip distance apart..**
5 Bump hips to left while holding left hand across eyes
6 Bump hips to right while holding right hand across mouth
7 Bump hips to left while holding right hand over left ear and left hand over right ear
8 Bump hips to right while holding hands (crossed) over fly
& Small jump to put weight on left foot to ..

REPEAT