

Bag It Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Bag It Up - Geri Halliwell



LEFT SIDE STEP, RIGHT CROSS/BACK/SIDE STEP (¼-RIGHT), LEFT STEP/½ PIVOT RIGHT, EXTENDED LOCK STEPS FORWARD (LEFT-RIGHT-LEFT-RIGHT,LEFT)

- 1 Step left foot to left side
- 2&3 Cross step right foot over left, step left foot slightly back, step right foot to right side a ¼ turn right
- 4-5 Step left foot forward, pivot a ½ turn right
- 6& Step left foot forward, lock step right foot behind left
- 7& Step left foot forward, lock step right foot behind left
- 8 Step left foot forward

RIGHT SIDE STEP/LEFT TOGETHER/RIGHT CROSS STEP, 'OUT-OUT' (LEFT,RIGHT), LEFT TOE TOUCH WITH KNEE POP, ROLLING TURN LEFT (¾-LEFT), LEFT BACK ROCK/RECOVER

- 9&10 Step right foot to right side, step left foot to place beside right, cross step right foot over left
- &11 Step both feet back and apart (shoulder width) - left, right
- 12 Touch left toe to place beside right foot popping left knee inward
- 13-14 Step left foot to left side a ¼ turn left, step right foot forward a ½ turn left
- 15-16 Rock left foot back, recover weight onto right foot

LEFT STEP FORWARD, RIGHT KICK, RIGHT COASTER STEP (OFF-BEAT), LEFT STEP/½ PIVOT RIGHT, LEFT STEP FORWARD, RIGHT SHUFFLE FORWARD

- 17 Step left foot forward
- 18 Kick right foot forward
- &19& Step right foot slightly back, step left foot to place beside right, step right foot forward
- 20-21 Step left foot forward, pivot a ½ turn right
- 22 Step left foot forward
- 23&24 Step right foot forward, step left foot to place beside right, step right foot forward

EASIER

- 17 Step left foot forward
- 18 Kick right foot forward
- 19 Step right foot back
- 20 Touch left toe back
- 21-22 Step left foot forward, pivot a ½ turn right
- 23-24 Walk forward - left, right

LEFT STEP FORWARD, (¼-RIGHT) SKATER STEPS ON SPOT (RIGHT,LEFT), RIGHT SIDE STEP (¼-RIGHT), LEFT SHUFFLE FORWARD, RIGHT STEP FORWARD (¼-LEFT)/LEFT TOE TOUCH

- 25 Step left foot forward
- 26 Making a ¼ turn right on ball of left foot - step right foot to right side (toes pointing right)
- 27 Step left foot to left side (toes pointing left)
- 28 Step right foot to right side a ¼ turn right
- 29&30 Step left foot forward, step right foot to place beside left, step left foot forward
- 31-32 Step right foot forward a ¼ turn left, touch left toe to place beside right foot (and click fingers)

HARDER

- 29&30 Triple step ¾ turn right traveling forward, stepping - left, right, left
- 31-32 Step right foot to right side, touch left toe to place beside right foot (and click fingers)

REPEAT

