

Baby Give It Up

COPPER **KNOB**
BY STEPHENETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Alison Carrington (UK)
音樂: Give It Up - KC and the Sunshine Band



ROCK FORWARD, BACK, SHUFFLE BACK, ROCK BACK, FORWARD, TRIPLE ½ TURN RIGHT

1-2-3&4 Rock forward on right, rock back on left, step back right, step left next to right, step back right
5-6-7&8 Rock back left, step forward right, turn ½ turn right stepping left, right, left

ROCK BACK RIGHT, FORWARD LEFT, 2 X ¼ PADDLE TURNS LEFT, ROCK RIGHT & CROSS

1-2-3-4 Rock back on right, rock forward on left, step forward right, turn ¼ paddle turn left
5-6-7&8 Step forward on right, turn ¼ paddle turn left, rock right to right side, recover on left, cross right over left

ROCK FORWARD, BACK, SHUFFLE BACK, ROCK BACK, FORWARD, TRIPLE ½ TURN LEFT

1-2-3&4 Rock forward on left, rock back right, step back left, step right next to left, step back left
5-6-7&8 Rock back on right, rock forward left, turn ½ turn left stepping right, left right

ROCK BACK, FORWARD, 2 X ¼ PADDLE TURNS RIGHT, LEFT KICK BALL CHANGE

1-2-3-4 Rock back on left, rock forward on right, step forward on left turn ¼ paddle turn right
5-6-7&8 Step forward on left, turn ¼ paddle turn right, kick left forward, step back on ball of left, step onto right

CHASSE LEFT, CHASSE RIGHT, ¼ SHUFFLE FORWARD LEFT, ½ SHUFFLE FORWARD RIGHT

1&2 Step left to left side, step right next to left, step left to left side
3&4 Step right to right side, step left next to right, step right to right side
5&6 Step forward left turning ¼ left, step right next to left, step forward left
7&8 Step forward right turning ½ turn right, step left next to right, step forward right

LEFT KNEE ROLL, PALM UP, RIGHT KNEE ROLL, PALM UP, HEEL BOUNCES

1-2 Roll left knee out bring left hand up (palm forward), roll right knee out bring right hand up (palm forward)
3-4 Keeping both hands up & palms facing forward bounce heels twice on the spot
5-6 Bring both hands down in front of body & cross palms bounce heels twice on the spot
7-8 Bring both hands up to shoulder height (palms forward) & bounce heels twice on the spot

LEFT SAILOR STEP, RIGHT ¼ TURN SAILOR STEP, LEFT SAILOR STEP, RIGHT ¼ TURN SAILOR STEP

1&2 Step left behind right, step right to right side, step left to left side
3&4 Step right behind left, step left to left side turning ¼ to right, step right to right side
5&6 Step left behind right, step right to right side, step left to left side
7&8 Step right behind left, step left to left side turning ¼ to right, step right to right side

LEFT KICK BALL TOUCH, RIGHT KICK BALL STEP, SKATE FORWARD RIGHT, LEFT, RIGHT, LEFT

1&2 Kick forward on left, step onto ball of left, touch next to left
3&4 Kick forward on right, step onto ball of right, step left next to right
5-6-7-8 Skate forward on right, left, right, left

REPEAT