

Baby, One More Time

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Beginner
編舞者: Irene Groundwater (CAN)
音樂: Baby One More Time - Britney Spears



SIDE, SHIMMY, SHIMMY, TOUCH, DIAGONAL FORWARD, TOGETHER, DIAGONAL FORWARD, TOUCH

1-2-3-4 Side step right, shimmy shoulders for 2 counts, touch left toe beside right instep
5-6-7-8 Left diagonal forward, step right beside left, left diagonal forward, touch right toe beside left instep

Option

6 Lock right behind left

HEEL, TOGETHER, HEEL, TOGETHER, 3 PIGEONS

9-10-11-12 Touch right heel forward, step right beside left, touch left heel forward, step left beside right
13-14 With weight on balls of both feet push both heels apart, bring heels back to original position
&15&16 Repeat steps 13-14 twice

Option

15-16 With weight on balls of both feet push both heels apart, bring heels back to original position

DIAGONAL BACK, TOGETHER, DIAGONAL BACK, TOUCH, SIDE, SHIMMY, SHIMMY, TOUCH

17-18-19-20 Right diagonal back, step left beside right, right diagonal back, touch left toe beside right instep
21-22-23-24 Side step left, shimmy shoulders for 2 counts, touch right toe beside left instep

FORWARD, HOLD, ¼ TURN LEFT, HOLD, BACK, TOGETHER, CLAP, BACK, TOGETHER, CLAP

25-26-27-28 Right forward, hold, pivot ¼ turn left on left ball putting weight on left, hold
&29-30 Jump back onto right, jump back onto left beside right, clap
&31-32 Jump back onto right, jump back onto left beside right, clap

Option: Omit count 28&, then

29-32 Right back, clap, step left beside right, clap

REPEAT
