

American Idol

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver hustle
編舞者: Dan Testa (USA)
音樂: Forever Your Girl - Paula Abdul



ATTITUDE BUMPS

- 1 With weight on left foot, drop right heel while bumping left hip
- 2-4 Repeat count 1 three times and transfer weight to right foot on the last one
- 5 Drop left heel while bumping right hip
- 6-8 Repeat count 5 three times

HIP BUMPS

- 9-10 Bump hips left twice
- 11-12 Bump hips right twice
- 13-16 Bump hips left, right, left, right ending with weight on right foot

CROSS, KICK, SAILOR STEP, ROCK STEP, TURN SHUFFLE

- 17-18 Step left crossing in front, kick right to the forward right diagonal
- 19&20 Step right behind left, step left to side turning $\frac{1}{4}$ left, step right next to left
- 21-22 Rock forward left, recover right
- 23&24 Left shuffle while turning $\frac{1}{2}$ left

STEP PIVOT, RIGHT SHUFFLE, ROCK STEP, COASTER STEP

- 25-26 Step forward right, pivot $\frac{1}{2}$ turn left ending with weight on left
- 27&28 Step forward right, step left next to right, step forward right
- 29-30 Rock forward left, recover right
- 31&32 Step back left, step right next to left, step forward left

PIVOT, CLAP, AND STEP, CLAP, AND ROCK, RECOVER, CROSS SHUFFLE

- 33-34 Turn $\frac{1}{4}$ right on both feet ending with weight on right, clap
- &35-36 Step left next to right, step right to right, clap
- &37-38 Step left next to right, rock right to side, recover left in place
- 39&40 Step right crossing in front, step left to side, step right crossing in front

STEP, CLAP, AND STEP, CLAP, AND ROCK, RECOVER, CROSS SHUFFLE

- 41-42 Step left to side, clap
- &43-44 Step right next to left, step left to left, clap
- &45-46 Step right next to left, rock left to side, recover right in place
- 47&48 Step left crossing in front, step right to side, step left crossing in front

STEP, PIVOT, RIGHT SHUFFLE, ROCK, STEP, TURN SHUFFLE

- 49-50 Step right to side, pivot $\frac{1}{4}$ left ending with weight on left
- 51&52 Step forward right, step left next to right, step forward right
- 53-54 Rock forward left, recover right
- 55&56 Left shuffle while turning $\frac{1}{2}$ left

CROSS, STEP, TRIPLE STEP, CROSS, STEP, TRIPLE STEP

- 57-58 Step right crossing in front, step back left
- 59&60 Step right next to left, step left in place, step right in place
- 61-62 Step left crossing in front, step back right
- 63&64 Step left next to right, step right in place, step left in place

REPEAT
