

Animal Instincts

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Dean Stroeder (CAN)
音樂: The Animal Song - Savage Garden



Dance starts after 32 count "drum" intro, when the music kicks in!

DOUBLE KNEE POPS (HEEL LIFTS); SYNCOPATED CROSS ROCK STEPS

- &1&2&3&4 With feet slightly apart, lift both heels off floor causing both knees to pop forward on the & counts, drop both heels to floor on the number counts (end with weight on left foot)
- 5&6 Cross right foot in front of left rocking forward, recover weight to left foot, step right foot to side
- 7&8 Cross left foot in front of right rocking forward, recover weight to right foot, step left foot to side

Still facing 12:00

CHUG ¾ TURN LEFT; SYNCOPATED ROCK STEPS FORWARD & BACK

- &1&2&3&4 With weight on ball of left foot, lift right knee up on the & counts and touch the right foot to side on the number counts as you pivot in the left foot ¾ to left

Touch toes to floor for balance. You will not be scooting forward

- 5&6 Rock forward on right foot, recover weight to left foot, step right foot next to left
- 7&8 Rock back on left foot, recover weight to right foot, step left foot next to right

Now facing 3:00

3/8 TURN LEFT; HEEL SWIVELS; 3/8 TURN LEFT WITH HOOK; SHUFFLE FORWARD

- 1-2 Step forward on right foot, turn 3/8 left on balls of both feet while twisting both heels to right (facing 10:30)
- 3&4 With weight on balls of both feet, twist both heels left, right, left
- On the heel swivels, your body will be angled in opposite direction of heels, facing 1:30, 10:30, 1:30
- 5-6 Twist heels to right while turning 3/8 left (to 10:30), hook left leg in front of right while completing the ½ turn toward 9:00
- 7&8 Shuffle forward left, right, left (for styling this can be done as a lock step)

ROCK FORWARD; MASHED POTATOES BACK; REVERSE RIGHT ½ TURN; SYNCOPATED ROCK STEP FORWARD

- 1-2 Rock forward on right foot, recover weight to left foot
- &3&4 With weight on ball of left foot twist both heels out, step back on ball of right foot while twisting both heels in; twist both heels out; step back ball of left foot while twisting both heels in
- 5-6 With weight on left foot, step back on ball of right foot, turn ½ right taking weight on right foot
- 7&8 Rock forward on left foot, recover weight to right foot, step left foot slightly to side

REPEAT