

Animate It

COPPER KNOB
STEPSHEETS

拍數: 36 牆數: 4
編舞者: Angie Swanson (USA)
音樂: Up! - Shania Twain

級數: Improver



HEEL SWITCHES, POINT, HITCH

- 1 Tap right heel forward
- & Switch
- 2 Tap left heel forward
- & Step left to place
- 3 Point right toe to right side
- 4 Move right knee diagonally upward from extended toe point position into a forward hitch

ROCK BACK, RECOVER, WALK FORWARD 2X

- 5 Rock back on right
- 6 Recover forward on left
- 7 Walk forward on right
- 8 Walk forward on left

TOE TOUCH, STEP BACK, SIDE-ROCK, RECOVER ¼

- 9 Touch right toe behind left heel
- 10 Step back on right
- 11 Rock left to left side
- 12 Recover ¼ right on right foot

SHUFFLE, STEP FORWARD, TOE TOUCH

- 13 Step left forward to start forward shuffle
- & Slide right behind left
- 14 Step left forward to end forward shuffle
- 15 Step right forward
- 16 Touch left toe behind right heel

WALK BACK 2X, COASTER

- 17 Walk back left
- 18 Walk back right
- 19 Step back left to start coaster
- & Step right next to left
- 20 Step left forward to end coaster

CROSS, SIDE, SAILOR

- 21 Cross right over left
- 22 Step left to left side
- 23 Step right behind left to start sailor
- & Step left to left side
- 24 Step right to right side to end sailor

CROSS, SIDE, SAILOR

- 25 Cross left over right
- 26 Step right to right side
- 27 Step left behind right to start sailor
- & Step right to right side

28 Step left to left side to end sailor

SIDE-ROCK, RECOVER ¼, SHUFFLE-TURN ¼

29 Rock right to right side

30 Recover ¼ left on left

31 Step right ¼ left to start shuffle-turn

& Slide left next to right

32 Step right to right side to end shuffle-turn

SIDE-ROCK, RECOVER ¼, SHUFFLE-TURN ¼

33 Rock left to left side

34 Recover ¼ right on right

35 Step left ¼ right to start shuffle-turn

& Slide right next to left

36 Step left to left side to end shuffle-turn

REPEAT
