

All That And All Mine

COPPER **NOB**
BY STEPHENETS

拍數: 32 牆數: 4 級數: Intermediate
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音樂: She's All That - Collin Raye



FORWARD HIP BUMPS RIGHT-LEFT, RIGHT KICK-STEP-BACK 2X

- 1-2 Bump right hip up, walk forward
- 3-4 Bump left hip up, walk forward
- 5&6 Kick right foot forward, kick right foot back and step down, step left foot next to right foot
- 7&8 Repeat counts 5&6

RIGHT LUNGE, RIGHT TOE POINTS 4X, RIGHT SAILOR STEP

- 1-2 While placing hands on hips, lunge slightly to the right on right foot, recover to upright position and drop hands from hips
- 3-4 Kick right foot forward, kick right foot out at 1:00
- 5-6 Kick right foot out at 2:00, then at 3:00
- 7&8 Sweep right foot behind left and step down, step down on left foot, return right foot along left foot

SYNCOPATED LEFT SIDE STEPS 2X, ¾ TURN TO THE LEFT, BEND THEN STRAIGHTEN KNEES

- &1-2 Small side step to the left on left foot, step right foot next to left foot, hold
- &3-4 Repeat counts &1-2
- &5-6 Step down on left foot, cross right foot over left foot, unwind and make a ¾ turn to the left (you will be standing with left foot cross in front of right foot)
- 7-8 Bend knees down, straighten knees

STEP FORWARD RIGHT-LEFT-RIGHT WITH BODY ROLL, STEP FORWARD LEFT-RIGHT-LEFT FINISH BODY ROLL, HAND AND KNEE MOVEMENTS

- 1&2 While stepping forward diagonally right-left-right, rotate upper body forward in a counter to the right direction
- 3&4 Finish counter to the right body roll while stepping forward diagonally left-right-left
- 5-6 Extend both arms forward with 2nd finger of both hands pointed out while popping right knee out, extend both arms sideways with fingers facing you and thumbs pointing sideways while popping left knee out
- 7-8 Point both thumbs towards your chest while popping right knee out, hold on count eight

REPEAT
