

# Kris's Kardio

**COPPER** KNOB  
STEPSHEETS

拍數: 72      牆數: 2      級數: Intermediate  
編舞者: Kris Lundberg - June 2007  
音樂: Excuse Me Mister - No Doubt



**Stretch for the first 48 Counts ? I mean it!**

## 1-16

1, 2      Hitch Right Foot whilst doing a ¼ turn (Facing 3:00)  
&3, 4      Recover on Right, Rock Forward on Left, Step Forward on Right  
5, 6      Lunge up on Left, Touch Right  
7, 8      ¼ Turn, Lunge up on Right, Touch Left (Facing 6:00)  
9-12      Right Skate, Left Skate, Right Skate, Right Touch  
13-16      Left Skate, Right Skate, Left Skate, Left Step

## 17-32

17, 18      Kickbox Right Leg to Right Side and Recover  
19, 20      Clockwise dip, weight on left hip  
21-22      Right shoulder pulse, Left Shoulder pulse  
23-24      Squat, ½ turn Right (Facing 12:00)  
25-28      Weave Left foot over traveling right with heel touch, Hold  
29-32      Weave Right over traveling left with heel touch

## 33-48

33-36      Right Toe Touch, Hold, Left Toe Touch, Hold  
37-40      ½ Turn Left and Kick Ball Change (Facing 6:00)  
41-44      Step out Right to right side, ½ Turn Right, ½ Turn Right  
&45-48      ½ Turn Right, Raise Left Front and slap with Right Hand, Raise Left Front and slap with Left Hand, Hold for 47, Slap both legs on 48 (Facing 12:00)

## 49-56

49-50      Lunge out on left foot and bring right foot to left  
51-52      Ankle Break Left, Ankle Break Right  
53-54      Hop out on both legs so legs are wider than shoulder width apart, Hold  
55-56      Hold, Right Ball Change

## 57-72

57-58      ¼ Turn, Step Forward on Left, Touch Right (Facing 9:00)  
59-60      Swing Right Back and Touch Left  
61-64      Touch Right, Touch Left (Repeat)  
65-68      Step left back with Right Knee Pop, Step Right Back with Left Knee Pop, Coaster  
69-70      Step Right Forward, Body Roll Up  
71-72      Hop on both feet and ¼ Left (Facing 6:00)

**Repeat and don't forget to breathe.**

**Tag is done only after the 1st Wall - 8 Counts Jumping Up & Down (not too high)**

NOTE: I added clock notations to keep in check. Please note, these only work for the front wall

[Website](#)