

Ready 04U

COPPERKNOB
STEPPEDETS

拍數: 64 牆數: 4 級數: Advanced
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音樂: Dream About It - Liberty X



1&2 Shrug & roll
Shrug shoulders
twice (1&), right
step side right
lowering right
shoulder and
starting side
body roll (2)
3,4 Slide, clap
Left slide next to
right finishing
side roll,
keeping weight
on right (3); hold
position/clap
hands (4)
5&6 Shrug & roll
Shrug shoulders
twice (5&), left
step side left
lowering left
shoulder and
starting side
body roll (6)
7,8 Slide, clap
Right slide next
to left finishing
side roll,
keeping weight
on left (7); hold
position/clap
hands (8)

TOE SWITCHES WITH HEEL TWIST

1&2& Toe & toe
Right toe touch
forward (1),
right step next
to left (&), left
toe touch
forward (2), left
step next to
right (&)

3&4& & toe,
out-in Right toe
touch forward
(3), turn right
heel out (&),
return right heel
to center (4),
right step next
to left (&)

5&6& Toe & toe
Left toe touch
forward (5), left
step next to
right (&), right
toe touch
forward (6),
right step next
to left (&)

7&8& & toe,
out-in Left toe
touch forward
(7), turn left heel
out (&), return
left heel to
center (8), left
step next to
right (&)

**SYNCOATED
SIDE POINTS,
WALK
FORWARD,
FUNKY TRIPLE
FORWARD,
LEFT HEEL
PUMP**

1&2& Point &
point & Right
toe point side
right (1), right
step next to left
(&), left toe
point side left
(2), left step
next to right (&)

3,4 Walk, walk
Right step
forward (3), left
step forward (4)
5&6 Right-left-
right Right step
forward (5), left
step forward in
3rd position (&),
right step
forward (6)

&7&8 & Pump &
pump Raise left
knee, foot off
floor with toe
flexed up (&),
lower left heel
towards floor
without touching
(7), raise left foot
again (&), lower
left heel towards
floor without
touching (8)

**LEFT SIDE
SHUFFLE & ½
PIVOT RIGHT,
RIGHT SIDE
SHUFFLE,
ANGLED
KICKS, LARGE
STEP LEFT,
RIGHT TOUCH**

1&2 Left-right-
left Left step
side left (1),
right step
together (&), left
step side left
(2)

&3&4 & Right-
left-right Pivot ½
turn right on ball
of left foot (&),
right step side
right (3), left
step together
(&), right step
side right (4)

5&6& Kick &
kick & Left kick
across right (5),
left step next to
right (&), right
kick across left
(6), right step
next to left (&)

7&8 Kick-step-
touch Left kick
across right (7),
left large step
side left (&),
right touch next
to left (8)

**SIDE TOUCH,
½ PIVOT
RIGHT, LEFT
SIDE ROCK &
CROSS,
BRUSH-HITCH-
STEP, HEEL &
STEP**

1,2 Touch, turn
Right side touch
(1); pivot ½ turn
right stepping
right next to left
(2)

3&4 Rock &
cross Left rock
ball of foot side
left (3), recover
to right (&), left
step across
right (4)

5&6 Scuff-hitch-
step Right ball
of foot brush
forward (5),
right hitch
raising knee (&),
right step
slightly forward
(6)

7&8 Heel-ball-
step Left heel
touch forward
(7), left step ball
of foot next to
right (&), right
step forward (8)

**ANGLED KNEE
RAISES, ¼
PIVOT LEFT,
LEFT STEP
FORWARD, ½
PIVOT LEFT,
FULL TURN
TRAVELING
FORWARD**

1&2& Knee &
knee & Raise
left knee bent in
towards right
(1), left step
next to right (&),
raise right knee
bent in towards
left (2), right step
next to left (&)

3,4 Quarter turn
Left toe touch
side left, knee
turned slightly in
(3), pivot $\frac{1}{4}$ left
rolling left knee
into turn/place
weight on left
(4)

5,6 Step, pivot
Right step
forward (5),
pivot $\frac{1}{2}$ left
shifting weight
to left (6)

7,8 Turn, turn
Pivot $\frac{1}{2}$ left
stepping right
foot back (7),
pivot $\frac{1}{2}$ left
stepping left
foot forward (8)
*(Easier option:
walk, walk)*

RIGHT KNEE ROLL, LEFT HIP SHAKE

1,2 Knee roll
Right touch ball
of foot forward
turning knee in
(1), roll knee out
stepping down
on right (2)

&3&4 & Shake it
left Left small
step forward
ball of foot (&),
shake hips left-
right-left ending
with weight on
left (3&4)

5,6 Knee roll
Right touch ball
of foot forward
turning knee in
(5), roll knee out
stepping down
on right (6)

&7&8 & Shake it
left Left small
step forward
ball of foot (&),
shake hips left-
right-left ending
with weight on
left (7&8)

**FUNKY WALK
BACK (?SKIP?
OR ROGER
RABBIT TYPE
MOVEMENT),
SAILOR
SHUFFLES**

&1&2 Back &
back & Raise
right knee while
scooting back
on left (&), right
step back
behind left
(1),raise left
knee while
scooting back
on right (&), left
step back
behind right (2)

&3&4 Back &
back Raise right
knee while
scooting back
on left (&), right
step back
behind left (3),
raise left knee
while scooting
back on right
(&),left step
back behind
right (4)

5&6 Sailor step
Right step ball
of foot behind
left (5), left step
ball of foot side
left (&), right
step forward
slightly apart
from left (6)

7&8 Sailor step
Left step ball of
foot behind right
(7), right step
ball of foot side
right (&), left
step side
forward slightly
apart from right
(8)

**START AGAIN
AND ENJOY!**
