

# Sock It! (aka Zip It!)

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Glynn Rodgers (UK)  
音樂: Shut Up - Black Eyed Peas



1&2: Rock back onto right foot, recover weight onto left, point right toe to right side.

3-4: On ball of left make 1/2 turn right, stepping right beside left.

Touch left to left side.

5&6: Cross left over right. Step diagonally back right on right.

Touch left heel diagonally forward left.

7&8: Cross right over left. Step diagonally back left on left.

Touch right heel diagonally forward right.

**Cross, Point,  
Cross, Point,  
Jazz Box Turn,  
Touch.**

&1: Step right in-place, cross left over right.

2: Point right toe to right side.

3-4: Cross right over left, point left to left side.

5-6: Cross left over right, step back right turning 1/4 left.

7-8: Step left to left side, touch right beside left.

**Rock & Touch,  
Coaster Step,  
Lock Step,  
Cross, Side.**

1&2: Rock back  
onto right,  
recover weight  
onto left, touch  
right beside  
left.

3&4: Step back  
right, close left  
to right, step  
forward right.

5&6: Step  
forward left,  
cross right  
behind left, step  
forward left.

7-8: Cross right  
over left, step  
left to left side.

**Behind, Point,  
Cross Shuffle,  
Turn, Turn,  
Mambo Touch.**

1-2: Step right  
behind left,  
point left to left  
side.

3&4: Cross left  
over right, close  
right to left,  
cross left over  
right.

5-6: Step back  
right turning  $\frac{1}{4}$   
left, step  
forward left  
turning  $\frac{1}{4}$  left.

7&8: Rock right  
to right side,  
recover weight  
onto left, touch  
right beside left.

---