

Sock It! (aka Zip It!)

COPPER KNOB
STEPSHEETS

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

級數: Intermediate



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 ¼ 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.
