

You're Fillin' Me Up

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - October 2007
音樂: Ooh Ooh Baby - Britney Spears : (Album: Blackout)



Intro: 16 counts

(1-8) SWING KICKS FWD, 1/2 TURN WITH A TURNING KICK, CROSS AND STEP, LOCK SHUFFLE FWD

1&2& Rf kick forward, Rf step in center fwd, Lf kick forward, Lf step back in center (12:00)
3-4 Make 1/2 turn right, and rotating your R leg, and kick Rf fwd holding weight onto Lf
5&6 Step Rf across Lf, Lf step diagonal back, Rf step to the right weight onto Rf (6:00)
7&8 Step Lf forward, Rf lock behind Lf, step Lf forward, weight onto Lf (6:00)

(9-16) 1/2 STEP PIVOT, 1/2 TRIPLE TURN, ROCK / RECOVER, BIG STEP FWD, TAP

1-2 Step Rf forward, make 1/2 turn left, take weight onto Lf (12:00)
3&4 Step Rf fwd and make 1/2 turn left, Lf close next Rf, Rf step back weight onto Rf (6:00)
5-6 Step Lf back, Rf recover weight onto Rf
7-8 Lf make a big step fwd, Rf drag and tap next Lf, weight onto Lf (6:00)

(17-24) R STEP OUT FWD, L STEP OUT FWD, SAILOR STEP, SAILOR STEP, POINT BACK, 1/2 TURN

1-2 Step Rf out fwd, step Lf out fwd, weight onto both feet
3&4 Step Rf behind Lf, step Lf to the left, step Rf to the right, weight onto Rf
5&6 Step Lf behind Rf, step Rf to the right, step Lf to the left, weight onto Lf
7-8 Point Rf back, make 1/2 turn right, take weight onto Lf (12:00)

(25-32) R STEP OUT FWD, L STEP OUT FWD, SAILOR STEP, SAILOR STEP, CROSS BEHIND, 3/4 TURN

1-2 Step Rf out fwd, step Lf out fwd, weight onto both feet
3&4 Step Rf behind Lf, step Lf to the left, step Rf to the right, weight onto Rf
5&6 Step Lf behind Rf, step Rf to the right, step Lf to the left, weight onto Lf
7-8 Cross Rf behind Lf, make 3/4 turn right, take weight onto both feet (9:00)

(33-40) LOCK SHUFFLE FWD, 1/4 LOCK SHUFFLE FWD, LOCK SHUFFLE FWD, ROCK / RECOVER, TOGETHER

1&2 Step Rf fwd, Lf lock behind Rf, step Rf fwd, weight onto Rf
3&4 Make 1/4 turn left and step Lf fwd, Rf lock behind Lf, Lf step fwd, weight onto Rf (6:00)
5&6 Step Rf fwd, step Lf behind Rf, step Rf fwd, weight onto Rf
7&8 Step Lf fwd, Rf recover, step Lf next Rf, take weight onto both feet

(41-48) SIDE HOLD & SIDE CLAP, & 1/4 TURN PUSH STEP HOLD CLAP, 1/2 SWEEP TURN, CLOSE

&1-2& Step Lf to the left, HOLD and Clap, step Rf next Lf,
3-4 Step Lf to the left, Clap
&5-6 Step Rf next Lf, Lf step 1/4 left on toe, HOLD weight onto Lf (3:00)
7-8 Step Lf back in center, Rf make a 1/2 sweep turn left from back to front and holding weight onto Lf Rf close weight onto Lf (9:00)

Begin again.