

Just Fine

COPPER KNOB
STEP SHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Shaz Walton (UK) - March 2008
音樂: Just Fine - Mary J. Blige : (CD Single or Growing Pains Album)



Count in – 32- On main Vocals – BPM – 24

Bump. Bump. Coaster step. Walk. Walk. ¼ side. Together. Side.

1-2 Bump right hip to right. Bump left hip to left.
3&4 Step right back. Step left beside right. Step right forward.
5-6 Walk forward left. Walk forward right.
7&8 Make ¼ right as you step left to left side. Step right beside left. step left to left side (remain looking towards the front & pop those shoulders) (Lyrics-I like what I see when I'm looking at me when I'm walking past the mirror- so POSE!

Make ¼ right ½ right. Coaster step. Touch. Hitch. Step. Side rock. Hitch. Step.

1-2 Step right ½ turn right. Make ½ turn right stepping back on left.
3&4 Step back right. Step back left. step forward right.
5&6& Touch left to left. Hitch left knee. Step left down. Rock out to right.
7&8 Recover on left. Hitch right knee. Step right beside left.

Diagonal press with flick. ¼ Step. Side. Together . Side. Roll. Roll. Hold. Side. Step.

1-2 Press left to left diagonal as you flick right behind. Step right back down making a ¼ turn left.
3&4 Step left to left. step right beside left. Step left to left.
5-6 Roll right knee clockwise. Roll left knee anti clockwise.
7&8 Hold. Step right beside left. Step left to left side.

Rock back. Recover. Step. Drag. Step. Cross. Back. ¼ coaster step. .

1-2 Rock right behind left (big step) Recover on left.
3-4 Step right BIG step to right with left dragging up to right. Step left beside right.
5-6 Cross step right over left. Step left back.
7&8 Step back right making ¼ right. Step back left. Step forward right.

Side. Bump. Sailor ¼ right. Kick. Ball. Touch. Pendulum knees.

1-2 Step left to left side. Bump hips over to left & look left.
3&4 Sailor ¼ turn right.
5&6 Kick left forward. Step left beside right. Touch right beside left.
&7&8 Pop right knee to right. Pop back in as if touching left knee. Pop left knee to left. Pop left knee back towards right.

(weight ends on left) (try to keep this movement smooth)

Side. Bump. Coaster step. Kick. Ball. Touch. Kick. Step. Kick. Step.

1-2 Step right to right. Bump hips to right & look right.
3&4 Step back left. Step back right. Step right left .
5&6 Kick right forward. Step right beside left. Touch left beside right.
&7&8 Low kick left forward. Step left beside right. Low kick right forward. Step right beside left.

Side rock. Step. Hold. Shoulder pop. Side rock. Recover. Brush. Hitch. Coaster step.

&1-2 Rock out to left. Recover on right. Step left beside right
3&4 Hold. Pop right shoulder up, left down. Pop left shoulder up, right down.
5&6 Rock out to right. Recover on left. Brush right forward.
&7&8 Hitch right. Step back right. Step back left. step forward right,

Step ¼ pivot right. Cross point. point side. Raise. Cross. side. Side.

- 1-2 Step left forward. Make ¼ pivot turn right (let your shoulders & upper body go here!)
- 3-4 cross point left over right. Point left to left side.
- 5-6 Raise left knee. Cross left over right. (Like you are stepping over something)
- 7-8 step right out to right. Step left out to left.
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