

High School Now

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Katherine Lam (HK) - June 2010
音樂: Now or Never - The Cast of High School Musical : (Album: High School Musical 3)



Starts on Vocals (at approx. 24 sec)

Right Cross, Left Cross, Hip Bumps R-L-R, Step Left, Cross Right Behind, Hand on Shoulder R-L, Step Back

- 1 Step right foot across left (facing diagonal)
- 2 Step left foot across right (facing diagonal)
- 3 & 4 Step right foot to right side while bumping hips R-L-R (elbowing right arm to right on Count 4) (12.00)
- 5 Step left foot to left side
- 6 Cross touch right foot behind left
- 7 & 8 Right hand on left shoulder, left hand on right shoulder, make a ¼ turn L with right foot stepping back (dip slightly while pushing left foot forward and pressing hands down) (9.00)

Cross Touch x 2, 1/2 Monterey Left, Step Back

- 1, 2 Cross left foot over right, touch right foot to right side (raising arms 'V' shape on Count 2)
- 3, 4 Cross right foot over left, touch left foot to left side (arms pressing down on Count 4)
- 5, 6 Step left foot beside right while making a 1/2 turn L, touch right foot to right side (raising arms 'V' shape on Count 6)
- 7, 8 Step back on right foot, recover on left

Step Right, Recover Left (knees bend) x 2, Kick-Ball Cross, Step Right & Left

- 1 Step right foot to right side (stretching right arm high)
- 2 Replace weight on left foot while dipping slightly (hips pushing outward with knees bending and bring right arm down toward left hip)
- 3, 4 Repeat 1, 2
- 5 & 6 Kick right foot forward, step back on ball, cross left foot over right
- 7 Step right foot to right side (right arm slightly backward with eyes looking at same direction)
- 8 Step left foot to left side (left arm slightly backward with eyes looking at same direction)

Hip Bumps Right x 2, Sweep, Hip Bumps Left x 2, Sweep

- 1, 2 Bump hips to right x 2
- 3, 4 Sweep right foot from front to back (both hands pressing down with same movement)
- 5, 6 Bump hips to left x 2
- 7, 8 Sweep left foot from front to back (both hands pressing down with same movement)

Start Again!

End of Wall 7 (facing 9:00), hold 4 counts

Enjoy and Have Fun!