

# Secoue-toi et dance !

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4  
編舞者: Lisa Carlier (BEL) - October 2011  
音樂: Elle Me Dit - MIKA



Info; start dance after 8 counts

## 2 steps r, out ,out ,in ,in

1-2            RF to r, step LF next to RF  
3-4            RF to r, step LF next to RF  
5-6            step RF to r, step LF to l  
7-8            step RF together, step LF together

### \*armmovements:

1-2            twirl both hands above your head  
3-4            shake your upper body

## Heel, toe unwind, body roll, RF step back, 2 hip bumps

1-2            touch r heel fwd, touch r toe back  
3-4            turn ½ r putting weight on r [6.00]  
5-6            body roll up & step RF behind  
7 & 8          bump hips to l & r , l

## dorothystep, and heel and cross, ¼ turn hitch, hip bumps with ¼ turn, sweep, sailor ¼ r

1-2            step LF diagonally l fwd, cross RF behind LF  
& 3 & 4        &step LF fwd, &point right heel fwd, step RF next to LF, and cross LF overRF  
5 & 6            turn ¼ left hitching right knee, Step right to side bumping hip to the right, bump hips left, turn  
                 ¼ left pushing right hip back while sweeping LF behind [3.00]  
7 & 8            cross LF behind RF, step RF fwd ¼ turn r, step LF fwd [6.00]

(extra: "8: step LF fwd" you actually jump fwd ,with your l leg lifted backwards)

### \*armmovements:

5-6            fingersnap up – down  
8                arms wide open on shoulder height

## Hops with legswings, flick behind, cross, turn ¾ l, sweep, behind side cross

1&            LF Hop in place-RF swing diagonally fwd, LF hop in place-RF swing diagonally backw  
2                hop RF in place-LF swing diagonally fwd  
3                put weigt on LF and flick your r leg behind  
4                step RF over LF  
5-6            turn ¾ l with both feet [9.00] with a sweep  
7&8            cross LF behind RF, step RF to r, cross LF over RF

If the armmovements aren't that clear, there is a video on youtube,

Have fun with it!