

He's So Shy

COPPERKNOB
STEPPERS

拍數: 160 牆數: 1 級數: Phrased High Intermediate
編舞者: Nancy Lee (MY) - April 2012
音樂: He's So Shy - The Pointer Sisters



Intro : 32 Count - Sequence : A / TAG A / B / TAG B / A / TAG A / B (Short- 56) / C / B / TAG B / A(8)

Part A – 64 Count

Section A1: [1-8] Toe Strut (cross) Travelling Forward

1-2 Cross touch R Toe over left, drop right heel to take weight
3-4 Cross touch L Toe over Right, drop L heel to take weight
5-6 Repeat 1-2
7-8 Repeat 3-4

Section A2: [9-16] Monterey ¼ Turn Right(Modified),Kick Ball Step, Monterey ¼ Turn Left (Modified), Kick Ball Cross

1-2 Touch R to R (weight on L), ¼ R turn Step down R beside L
3&4 L kick Ball Step (3:00)
5-6 Touch L to L (weight on R), ¼ L turn Step down L beside R
7&8 R Kick Ball Cross (12: 00)

Section A3: [17-24] Cross Point R, Point R to R , Step R ,Cross Point L, Point L to L, Step L

1-2-3-4 Cross Point R over L, Point R to R, Cross Point R over L, Step down R to R
5-6-7-8 Cross Point L over R, Point L to L, Cross Point L over R, Step down L to L

Section A4: [25-32] Prissy Walks R L, ¼ L turn , step R to side, Step L together, Kick R Forward, Touch R Behind L, R Shoulder Rolls

1-2-3-4 Cross Walks, R , L, ¼ turn L , step R to side , step L together (9:00)
5-6-7-8 Kick R Fwd, Touch R behind L, R shoulder Rolls (7,8) (from front to back) * Look Right while shoulder rolls.

Section A5: [33-40] REPEAT Section 1 (facing 9:00)

Section A6: [41-48] REPEAT Section 2 (facing 9:00)

Section A7: [49-56] REPEAT Section 3 (facing 9:00)

Section A8: [57-64] Prissy Walks, R L R L, Kick R Forward, Touch R Behind L, R Shoulder Rolls

1-2-3-4 Cross Walks RLRL,
5-6-7-8 Kick R Fwd, Touch R behind L, R shoulder Rolls (7,8) (from front to back) * Look Right with R shoulder rolls.

TAG (A)– 4 Count- Jazz Box ¼ R Turn

1-2 Cross step right over left, step back on left
3-4 Turn ¼ right stepping right to right side, Touch left to L side (12:00)

Part B - (64 Count)

Section B1: [1-8] Cross Unwind ½ turn R, Chest Pump ,Chest Pump, Step Together

1-2 Cross L over R, unwind ½ turn R (weight on L , sitting position)
3-4 Chest Pump twice , facing (8.30)
5-6 Chest Pump twice, facing (4.30) (weight on R, sitting position)
7-8 Step L in place , Step R together L

Section B2: [9-16] Sway Hip, Touch , Sway Hip, Touch

- 1-2 Step L to side, Sway hip to L, R touch out or lift hip slightly up
- 3-4 Step R to side, Sway hip to R, L touch out or lift hip slightly up
- 5-6 Repeat 1-2
- 7-8 Repeat 3-4

Section B3: [17-24] Cross Touch, Touch to Side, Sailor Step, Cross Touch, Touch To Side, Sailor ½ turn R Fwd,

- 1-2 Cross Touch L over R, Touch L to L side
- 3&4 L Sailor Step
- 5-6 Cross Touch R over L, Touch R to R side
- 7&8 Sailor ½ turn R Fwd (12:00)

Section B4: [25-32] REPEAT Section 1

Section B5: [33-40] REPEAT Section 2

Section B6: [42-48] REPEAT Section 3

Section B7: [49-56] Touch Fwd, Back x 2, Touch Together Twist, Cross Step , Touch to Side

- 1-2-3-4 Touch L Fwd (slightly cross), touch L behind R , Repeat (1,2)
- 5-6 Touch L beside R & Twist (on ball of R Foot)
- 7-8 Cross Step L over R, Touch R to R side

Section B8: [57-64] R Step to side , Touch L , L Step To side, Touch R , ¼ Turn L, Step R To side , Touch L , L Step To Side, Touch R

- 1-2 R Large Step To R Side, touch L beside R
- 3-4 L Large Step To L Side, touch R beside L
- 5-6 ¼ turn L, R Large Step To R side, touch L beside R (9:00)
- 7-8 L Large Step To L Side, touch R beside L

TAG (B) – 4 Count – Jazz Box ¼ R Turn (Basic)

- 1-2 Cross step right over left, step back on left
- 3-4 Turn ¼ right stepping right to right side, Step left together R (12:00)

Part C – (32 Count)

Section 1: [1-8] Side Touch x 4

- 1-2-3-4 Step R to side, touch L beside R , Step L to side, touch R beside L
- 5-6-7-8 Repeat 1-2-3-4

Section 2: [9-16] R Rolling Vine with Chest Pump, L Rolling Vine with Body Roll

- 1-2-3-4 R Rolling Vine with chest pump,
- 5-6-7-8 L Rolling Vine with Body Roll

(Note: You may just do a normal Rolling Vine)

Section 3: [17-24] Out Out, In In, Hip Rolls

- 1-2-3-4 Step R out, Step L out, Step R In, Step L In
- 5-6-7-8 Hip Roll anticlockwise, weight end on L

Section 4: [25-32] Out Out, In In, Hip Shake

- 1-2-3-4 Step R out, Step L out, Step R In, Step L In
- 5-6-7-8 Hip Shakes/ Hip Shimmy – weight end on L

(Note: For Section3 & 4, on count 5678, you may do anything you want !!! Enjoy !!!)

For Song & Step sheet, please contact: Email : swan9198@gmail.com

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