

Hoochie Coochie

COPPER **KNOB**
STEPSHEETS

拍數: 96 牆數: 4
編舞者: Maurice Rowe (USA) - June 2012
音樂: Hotel Nacional - Gloria Estefan

級數: Phrased Intermediate



Start after 48 count - Sequence: AA-B-AAA-B-AAA

Part A: Sock Hop (32 Counts)

Charleston, Shuffle, Bounce, Bounce

1-4 Step forward on right foot, touch Left toe in front, step back On Left foot, touch right toe behind Left foot.

Styling for this should be swiveling with toes in and heels out in the air on the & non counts

5&6 Step Right to Right Side, Step Left beside Right, Step Right to Right side

7,8 With Left foot in the air low and to the Left side, Bounce on the Right foot 2 times.

Easy option for 7,8 touch Left toe to left side 2 times

Pendulum Switches, Jazz 1/4 Right, 1/2 Right

1 Bounce On Left foot with Right foot in the air low and to the Right

2 Bounce On Right Foot with Left foot in the air low and to the Left

3 Bounce On Left foot with Right foot in the air low and to the Right

& Bounce On Right Foot with Left foot in the air low and to the Left

4 Bounce On Left foot with Right foot in the air low and to the Right

Easy option for 1-4 toe switches – Right, Left, Right, Left, Right

5&6 Step Right across in front of Left, Step Left back turning 1/4 Right. Step Right to right side

7,8 Step Left Forward, turn 1/2 Right stepping Right Forward

Rock, Sweep, Sailor Turn, Cross Rock, Side Rock, Cross, Point

1,2 Step forward on Left, Recover in place on Right as you Sweep Left from front to back

3&4 turn 1/4 Left step Left behind Right, Step Right to Right Side, Step Left to left Side

5& Step Right foot across in front of Left, Recover to the Left in place

6& Step Right to Right side, Recover to the Left in place

7,8 Step Right foot across in front of Left, Point Left to Left side

Cross Rock, Side Rock, Cross, Point, Syncopated 3/4 Turn Mini Circle To The Right

1& Step Left foot across in front of Right, Recover to the Right in place

2& Step Left t to Left side, Recover to the Right in place

3,4 Step Left foot across in front of Right, Point Right to Right side

5& Cross Right foot in front of Left, Turning 1/4 Right step Left Back

6& Turn 1/4 Right step Right Forward, Turn 1/4 Right Step Left Forward

7,8 Step on Right Forward, Step Left Beside Right

Part B: Tai Chi (64 Counts)

Draw A Circle In The Air Using Your Hands And Arms

1 Arms together hands to elbows palms down at waist Left on Top

2-4 Move hands down and out

5-6 Move hands up and around over head

7,8 Bring down in front of chest finishing Arms together hands to elbows palms down

Left On Top

1-8 Raise Left forearm 90 degrees to vertical

1-8 Raise Right forearm 90 degrees to vertical

1-8 Lower both forearms together bringing palms together fingers up in prayer position

Draw Opposing Circles

- 1,2 Left hand moving up, Right hand Moving down
- 3-6 move both out and around in a circle
- 7,8 finish circle by bringing hands together

Draw Opposing Circles

- 1,2 Right hand moving up, Left hand Moving down
- 3-6 move both out and around in a circle
- 7,8 finish circle by bringing hands together

Lunge Recover

- 1 Step Left to left side
- 2-4 extend left hand forward and sweep toward Left extended side
- 5 Step left Foot beside right
- 6-8 Continue arm sweep to left and complete with arm at side on 8

Lunge Recover

- 1 Step Right to Right side
 - 2-4 extend Right hand forward and sweep toward Right extended side
 - 5 Step Right Foot beside Left
 - 6-7 Continue arm sweep to Right and complete with arm at side on 8
 - 8 Change weight to the Left Foot and touch Right beside Left
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