

How 'Bout You?

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Lori Manary (USA) - February 2011
音樂: How 'Bout You - Eric Church : (iTunes)



SIDE TRIPLE R; 1/2 TURN R, SIDE TRIPLE L; 1/2 TURN R, SIDE TRIPLE R; CROSS ROCK

1&2 Side Step R (1), Step L next to R (&), Side Step R (2)
3&4 Turn 1/2 right stepping L to left side (3), Step R next to L (&), Step L to left side (4)
5&6 Turn 1/2 right stepping R to right side (5), Step L next to R (&), Step R to right side (6)
7, 8 Rock L across R, at a slight right angle (7), Recover weight on R (8) (12:00)

¼ TURN L, FWD TRIPLE L; STEP OUT R-L; 2 KNEE POPS W/HEEL LIFTS; ¼ PIVOT R

9&10 Turn 1/4 left stepping forward L (9), Step R next to L (&), Step L forward (10) (9:00)
11, 12 Step R slightly forward and out to R side (11), step L slightly forward out to L side (12)
&13&14 Lift heels up (&), lower heels (13), lift heels up (&), lower heels (14), at the same time
 popping both knees; R takes wt
15, 16 Touch L forward, pivoting 1/4 turn right (15), Hold, shifting weight L (16) (12:00) (12:00)

(Styling Note: bending arms at elbows, raise hands from hip to waist level as you lift heels, and lower hands from waist to hip level as you lower heels, so that hands go up-down in sync with the knee pops)

FWD TRIPLE R; HEEL FWD, TOE BACK; HEEL DIG TURNING 1/4 LEFT; L COASTER STEP

17&18 Step R forward (17), Step L next to R (&), Step R forward (18)
19, 20 Touch L heel forward (19), touch L toe back (20)
21, 22 Touch L heel slightly out to L side (21), heel dig turning 1/4 left (22)
23&24 Step L back (23), step R next to L (&), step L forward (24) (9:00) (9:00)

2 HIP ROLLS 1/8 TURN L; 2 SAILOR STEPS (L,R)

25, 26 Touch R toe slightly forward (25), roll hips counterclockwise turning 1/8 left (26)
27, 28 Touch R toe slightly forward (27), roll hips counterclockwise turning 1/8 left (28)
29&30 Step R slightly behind L (29), L step ball of foot to left side (&), step R to R (30)
31&32 Step L slightly behind R (31), R step ball of foot to right side (&), step L to L (32) (6:00)

Contact: lmanary@yahoo.com