

# Humanised

**COPPER KNOB**  
STEPSHEETS

拍數: 40      牆數: 4      級數: High Beginner  
編舞者: Ingrid Kan (TW) - February 2013  
音樂: Humanised (feat. Bajka) - Sola Rosa



## **[1-8] R Step, L Together, Roll Body ,L Step R Together, Roll Body(with arm movements 3-4,7-8)**

- 1-2            R Big Step to the right side, L Together
- 3-4            Rolling body a turn to left (raise your arms)
- 5-6            L Big Step to the left side, L Together
- 7-8            R Big Step to the right side, L Together (raise your arms)

## **[9-16] Step Back R-L-R-L (with arm movement)**

- 1-2            R Step Back, L Together
- 3-4            L Step Back, R Together
- 5-6            R Step Back, L Together
- 7-8            L Step Back, R Together

## **[17-24] R Step L Hitch, L Step R Hitch , ,Big Step, Toe (Heel )Swivel ( x3) (Back to center)**

- 1-2            R Step Forward L Hitch
- 3-4            L Step Forward R Hitch
- 5-6-7-8       R Big Step to the right side, Swivel heels , Swivel toes , Swivel heels (Back to center)

**During wall 6, do 24 counts & Restart (face to 6:00)(note: weight on L)**

## **[25-32] Mambo Forward, Mambo Back, Out Step, Touch Behind, 3/4 Turn**

- 1&2            Rock L forward,( &) Recover to R, Step L back
- 3&4            Rock R back,( &) Recover to L, Step R forward
- 5-6            Out Step L-R
- 7-8            Touch left toe behind right, 3/4 turn to the left (weight on L)

## **[33-40] Scoot Step R-L, Double Step on R, L Repeat**

- 1-2            Out step on R toward R diagonal, Out step on L towards L diagonal
- 3&4            Small scoot on R towards R diagonal x2 (make sure weight ends on R)(with hands push up)
- 5-6            Out step on L toward L diagonal, Out step on R towards R diagonal
- 7&8            Small scoot on L towards L diagonal x2 (make sure weight ends on L)

**(with hands push up)**

**Restart: During the wall 6 doing 24 counts & restart (face to 6:00)**

**Enjoy it!**

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