

Beginner Rock

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Hayley Wheatley (UK) - April 2013
音樂: Scream & Shout (feat. Britney Spears) (Super Clean Radio Edit) - will.i.am



32 Count Intro

S1: V step x2.

1-2 Step forward and out on Right, Step forward and out on Left
3-4 Step back on Right, Close Left next to Right
5-6 Step forward and out on Right, Step forward and out on Left
7-8 Step back on Right, Close Left next to Right

S2: Grapevine Right, Grapevine Left With 1/4 turn.

1-2 Step Right foot to Right side, Step Left foot behind Right.
3-4 Step Right foot to Right side, Touch Left toe next to Right Foot.
5-6 Step Left foot to Left side, Step R foot behind Left
7-8 Step Left foot to Left side while making 1/4 turn left. Touch Right Toe next to Left foot. (9 O'Clock)

S3: Toe Struts Forward and Rocking Chair.

1-2 Touch Right toe forward, Drop Right heel to floor taking weight onto Right Foot.
3-4 Touch Left toe forward, Drop Left heel to floor taking weight onto Left Foot.
5-6 Rock forward on the Right Foot, Recover weight onto Left Foot.
7-8 Rock back on the Right Foot, Recover weight onto Left Foot.

S4: Toe Struts Forward, Head, Hand, Wiggle Wiggle. (Step Out and Hip bumps)

1-2 Touch Right toe forward, Drop Right heel to floor taking weight onto Right Foot.
3-4 Touch Left toe forward, Drop Left heel to floor taking weight onto Left Foot.
5 Step Right Foot out to Right side bringing Right hand up to touch right side of head.
6 Step Left foot out to Left side while bringing Left hand to rest on Left hip.
7 Bumps hips Right (wiggle)
8 Bump hips Left (wiggle)

Start Again!

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