

Just Marvalous

COPPER KNOB
STEPSHETS

拍數: 48 牆數: 2 級數: Low Intermediate
編舞者: Marva J. Childress - November 2013
音樂: Say Hey Love by Michael Franti



Start on vocals

(1-8) Step side R - step together - hip rocks, repeat side L

1,2, 3&4 step side R, step L to R, step R to R diagonal with R hip fwd, L hip back, R hip fwd
5,6, 7&8 step side L, step R to L, step L to L Diagonal with/ L hip fwd, R back, L fwd.

(1-8) Cross & side points - kick - paddle 1/2 R

1,2,3,4, touch R over L - touch side R - touch R over L - kick R to R diagonal (** Tag here on wall 5**)
5,6,7,8 R foot paddle 1/2 R (X 3, take weight on R)

(1-8) Shimmy walks fwd - ball change - body rolls

1,2,3,4 shimmy walk fwd L, R, L, R, - (FULL BODY SHIMMIES)
&5,6,7,8 step on ball of L , change to R diagonal with R hip rolls - rock back on L, fwd on R , back on L

(1-8) Cross shuffles with core movement and flip

1&2&3&4 (traveling L) R cross over, L Ball, R Cross, L Ball, R Cross, L touch, flick
5&6&7&8 (traveling R) L cross over, R Ball, L Cross, R Ball, L Cross, R touch, flick

(1-8) Prissy walks fwd - step wide - hip rocks -

1,2,3,4 walk fwd. crossing R over L - L over R - R over L - big step side L with knees bent -
5,6,7,8 move hips side R - side L - Side R - side L (keeping knees bent & upper body still)

(1-8) Monterey walks back - step wide - hip rocks

1,2,3,4 sweep steps walking back R L R -L big step side L bending knees
5,6,7,8 move hips side R - side L - side R - side L (keeping knees bent & upper body still)

* Tag * On wall 5 after 12 counts

1,2,3,4 (R Tulsa) R step side, L together, L side, R touch
5,6,7,8 Repeat on L

1,2,3,4 Push R Foot to Side R, R together, Push L Foot to side L, L together
5,6,7,8 Repeat

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