

Cups

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jean-Pierre Madge (CH) - December 2013
音樂: Cups (Movie Version) - Anna Kendrick



Side, Kick & Kick & Touch Touch, 1/4 Turn, Body Roll

- 1 Step R to R
- 2&3& Kick L forward, step L next to R, Kick R forward, Step R next to L
- 4&5 Touch L to left Side, Touch L next to R, ¼ turn left stepping L forward (9 O'clock)
- 6-7-8 Body Roll forward starting from head down to feet

Ball Step, Heel & Hitch & Switch, Bump Bump, Slow 3/8 Turn

- &1 Step R forward, Step L forward (no weight on L foot)
- 2&3&4 Swivel L heel to left, Heel back to center, Hitch L knee, Step L next R, Touch R forward
- &5 Bump hips up to right, Bump down center
- 6-7-8 Slow 3/8 turn left, transferring weight onto R foot (4:30)

Ball step, walk, shuffle, rock, recover, shuffle back

- &1-2 Step L next R, Step R forward, Walk L forward
- 3&4 Step R forward, Step L next R, Step R forward
- 5-6 Rock L forward, Recover back onto R
- 7&8 Step L back, Step R next L, Step L back

Sweep, rock back, step and turn

- 1-2 Step R back sweeping L foot from front to back over 2 counts
- 3-4 Rock L back, Recover forward onto R
- 5-6-7-8 Step L forward, Slow (slightly more than) Full Turn to right on both feet, squaring up to
- 6 O'clock. Feet finish crossed R in front of L. with weight on L foot. (6 O'clock)

REPEAT AND ENJOY !

TAG after 2nd wall, facing 12 O'clock

Side, Arms

- 1 Step R to right, feet apart with R arm raised and bent so that R hand is horizontal across chest, palm down and fingers pointing to the left
- 2&3&4& With L hand tap twice on R fingers (2&), Tap forearm (3), Tap elbow (&), Tap forearm (4), Tap fingers (&)
- 5 Bring L hand quickly round to Tap under R fingers, sending R forearm into a clockwise circle (keeping the arms bent, only the R forearm moves)
- 6-7-8 Complete clockwise circle with R forearm over 3 counts, finishing with R hand under L

Ball Side, Arms, Ball (Side)

- &1 Step R next L, Step L to L side, both arms are now bent in front of your chest, palms facing floor, R hand under L
- 2&3&4& Bring R hand quickly out from under L and tap twice on L fingers (2&), Tap forearm (3), Tap elbow (&), Tap forearm (4), Tap fingers (&)
- 5 Bring R hand quickly round to Tap under L fingers, sending L forearm into a counterclockwise circle (keeping the arms bent, only the L forearm moves)
- 6-7-8 Complete clockwise circle with L forearm over 3 counts, with L hand finishing under R
- &1 Step L next R, Step R to right side. (This is the first step (1) of the main dance)