

Spice It Up

COPPER KNOB
STEPSHEETS

Count: 0

Wand: 1

Ebene: Intermediate

Choreograf/in: Sobrielo Philip Gene (SG)

Musik: Spice Up Your Life - Spice Girls



Sequence: ABC, AABC, ABCC

Dedicated to all my line dancing friends in Singapore to add some spice into their life

PART A

½ TURN STEP RIGHT, SIDE ROCK CROSS LEFT, SIDE ROCK CROSS RIGHT, FRONT SHUFFLE LEFT

- 1&2 Step forward right make ½ turn left and step right forward right
- 3&4 Rock left to the left, rock back on right and cross left over right
- 5&6 Rock right to the right, rock back on left and cross right over left
- 7&8 Step left forward, step right behind left and step left forward
- 9-16 Repeat steps 1-8

KICK/KICK, COASTER STEP RIGHT, KICK/KICK, COASTER STEP LEFT

- 17-18 Kick right foot forward, kick right foot to right side
- 19&20 Step right behind left, step left beside right, step right in front
- 21-22 Kick left foot forward, kick left foot to left side
- 23&24 Step left behind right, step right beside left, step left in front

ROCK, RECOVER ½ TRIPLE TURN TWICE

- 25-26 Rock forward on right, recover on left
- 27&28 Make ½ triple turn over right shoulder stepping right, left, right
- 29-30 Rock forward on left, recover on right
- 31&32 Make ½ triple turn over left shoulder stepping left, right, left

PART B

JUMP FRONT, LEFT, RIGHT, BEHIND WITH HIP BUMPS

- 1-4 Right foot forward, left beside right and shake hips right, left right
- 5-8 Left foot to the left, right beside left and shake hips left, right, left
- 9-12 Right foot to the right, left beside right and shake hips right, left right
- 13-16 Left foot to the back, right beside left and shake hips left, right, left

PART C

Dance according to the chorus

WEAVE LEFT, STEP-SLIDES WITH HIP ACTION TRAVELING RIGHT

"Slam it to the left"

- 1-2 Cross right in front left, step left to left side
- 3-4 Cross right in behind of left, step left to left side

"Shake to the right"

- 5& Right step side right moving hips left, left slide next to right
- 6& Right step side right moving hips left, left slide next to right
- 7& Right step side right moving hips left, left slide next to right
- 8& Right step side right moving hips left, left slide next to right

STEP FORWARD LEFT RIGHT, STEP BACK LEFT RIGHT, ROLLING HIPS BUMPS

- 9-10 Step left forward, right forward to the right (chicas to the front)
- 11-12 Step left back, right back to the right (uh uh)
- 13-16 Rolling hip bump to the right (slow) (go round / hi ci ya hold tight)
- 17-32 Repeat steps 1-16

