

Hang In There, Babe

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate/Advanced
编舞者: Emma Frater (UK)
音乐: You Keep Me Hangin' On (Classic Paradise Mix) - Reba McEntire



STEP, SWEEP, HITCH & POINTS, SWIVELS, KICK BALL TOUCH

1-2 Step left foot $\frac{1}{4}$ turn left, sweep right foot out to side (ronde) (9:00)
&3&4 Hitch right knee, point right toe to side, repeat
5-6 On balls of both feet swivel body $\frac{1}{4}$ turn right then swivel $\frac{1}{2}$ turn left
Now facing 6:00. Transfer weight to right foot
7&8 Left kick forward, step left beside right, touch right beside left

RIGHT SHUFFLE, CROSS UNWIND

1&2-3-4 Right shuffle to right, cross left over right unwind $\frac{1}{2}$ turn right (weight on left)

HEEL & TOE SWITCHES, TURNING $\frac{1}{4}$ LEFT, MAMBO $\frac{1}{2}$ TURNS & ROCKS

5&6&7&8& Right heel forward, right foot beside left, left toe back, left foot beside turning $\frac{1}{4}$ left, right toe back, right beside left, left heel forward, left step beside right

1& Step forward on ball of right, pivot $\frac{1}{2}$ turn left on ball of right
2& Rock back on left, rock forward onto right
3& Step forward on ball of left, pivot $\frac{1}{2}$ turn right on ball of left
4& Rock back on right, rock forward onto left

HEEL & TOE SWITCHES, TURNING $\frac{1}{4}$ LEFT, MAMBO $\frac{1}{2}$ TURNS & ROCKS

5-12 Repeat above 8 counts

CROSS & CROSS & CROSS & STEP FORWARD

1&2 Traveling left, cross right over left, step left to side, cross right over left
&3&4 Step left to side, cross right over left, step left to side, step right slightly forward

BUMPS, KICK BALL CROSS TOUCH, UNWIND, CLAP, CLAP

1&2&3&4& Bumps right hip forward & back, repeat 3 times (ending with weight on left)
5&6 Kick right foot, step right beside left, tap left toe across right
7&8 Unwind $\frac{3}{4}$ turn to right, clap hands twice (&8)

Weight on left foot

STEP BACK, SLIDE & BACK & TOUCH, KICK BALL POINT, SHOULDER RAISES & TOUCH

1-2-3 Big step back on right, slide left beside, step back on right
4& Step left beside right, touch right beside left
5&6 Kick right foot forward, step right beside left, point left out to side
&7 Raise right shoulder, raise left shoulder
&8 Raise right shoulder, level shoulders and touch left beside right

REPEAT