

Nudge Up

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Hayley Wheatley (UK) & Ella Wheatley (UK) - February 2016
音乐: La Mordidita (feat. Yotuel) - Ricky Martin : (Album: A Quien Quier Escuchar)



Count In: Start on Vocals, 32 counts from when beat kicks in. Approx 148 bpm

Notes: Written as a floor split to "The Bite" but can be danced to most country/non-country tracks.

S1: DIAGONAL STEP CLOSE, SHUFFLE, DIAGONAL STEP CLOSE, SHUFFLE □

1-2 Step LF fwd to L diagonal, Close RF beside L □ 10:30
3&4 Shuffle diagonally fwd- L,R,L □ 10:30
5-6 Step RF fwd to R diagonal, Close LF beside R □ 1:30
7&8 Shuffle diagonally fwd R,L,R □ 1:30

S2: Z-STEP, ROCK BACK, RECOVER

1-2 Stomp LF to L side, Slide RF to touch beside L □ 12:00
3-4 Stomp RF diagonally back, Slide LF to touch beside R □ 1:30
5-6 Stomp LF to L side, Slide RF to touch beside L
(Steps 1-6 make the pattern of a Z on the floor) □ 12:00
7-8 Rock back onto R foot, recover onto L □ 12:00

S3: SIDE STEP, HEEL BOUNCES, ¼ TURN STEPPING BACK, HEEL BOUNCES

1-2 Step RF to R side, Close LF beside R □ 12:00
3-4 With weight on both sets of toes, bounce the heels up/down twice □ 12:00
5-6 Make a ¼ turn R while stepping back onto LF, Close RF beside L □ 3:00
7-8 With weight on both sets of toes, bounce the heels up/down twice □ 3:00

S4: STEP FORWARD, KNEE POP, STEP FORWARD, KNEE POP, POP KNEES L-R-L

1-2 Step fwd on RF, Touch L beside R while popping L knee inward □ 3:00
3-4 Step fwd on LF, Touch R beside L while popping R knee inward □ 3:00
5-6 Pop L knee inward, Pop right knee inward □ 3:00
7-8 Pop L knee Inward, HOLD □ 3:00