

Rake It Up

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Evan VanScoyk (USA) & Jake Wood - January 2019
音乐: Rake It Up (feat. Nicki Minaj) - Yo Gotti



STOMP LEAN & ROCK (RIGHT, LEFT), SLIDE BACK TOGETHER (RIGHT, LEFT)

1 2 R stomp forward (with R shoulder lean), R shoulder rock
3 4 L stomp forward (with L shoulder lean), L shoulder rock
5 6 R slide back, L together
7 8 L slide back, R together

SUGAR FOOT STOMP (RIGHT, LEFT, RIGHT, LEFT)

1&2 Touch R toe next to L, turn R toe out & touch R heel next to L, stomp R forward
3&4 Touch L toe next to R, turn L toe out & touch L heel next to R, stomp L forward
5&6 Touch R toe next to L, turn R toe out & touch R heel next to L, stomp R forward
7&8 Touch L toe next to R, turn L toe out & touch L heel next to R, stomp L forward

HITCH & TURN, SHOULDER LEAN & ROCK (RIGHT, LEFT)

1&2 R hitch & turn $\frac{1}{2}$ clockwise, step R down forward
3&4 Shoulder lean and rock (facing $\frac{1}{4}$ left)
5&6 L hitch & turn $\frac{1}{2}$ clockwise, step L down forward
7&8 Shoulder lean and rock (facing $\frac{1}{4}$ right)

STEP & SLIDE (RIGHT, LEFT), TOE-HEEL SWIVELS (OUT, IN)

1 2 Step R out to right, slide L together
3 4 Step L out to left, slide R together
5&6 Turn toes of both feet out, turn heels of both feet out. turn toes of both feet out
7&8 Bring toes of both feet in, bring both heels back to center, bring toes of both feet back to center.

For questions or more dances find me on @EvanVChoreography on FB