

909 4 U (aka Luv U Betta)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Eric and Tish Jennings (USA) - May 2025
音乐: Luv U Better - LL COOL J



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music. For music: "909 4 You" by DJ Kay Slay (ONLY AVAILABLE ON DEMO VIDEO or email erictish@909-crew.com).

STEP RIGHT, LIFT/FLICK LEFT FOOT BACK, STEP LEFT, RIGHT FOOT BACK

1 2 3 4 Step on right, slow flick left foot back, step on left, slow flick/lift right foot back
5 6 7 8 Repeat STEP LIFTS 1 – 4 above

STEP FORWARD TAPS

1 2 3 4 Step on right in place, tap left foot forward, step on left, tap right
5 6 7 8 Repeat STEP TAPS 1-4 above

SIDE CHA CHAS WITH ROCK RECOVERS ENDING IN QUARTER TURN LEFT

1&2 3 4 Cha cha to left stepping on left, right together, left, then rock back on right, recover on left
5&6 7 8 Quarter turn to left cha cha on right, left, right

STEPPIN BASIC, LIFT-HOOK-DOWNS

1&2 3&4 Cross left in front of right, step on right, step on left, cross right in front, step left, step on right
5&6& Step on left for 5, lift left foot (&), hook over right (6), lift left(&)
7&8& Step on right for 7, lift right foot (&), hook over left (8), lift right(&)

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