

Live The Hula

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Jennie Johns
音乐: It's a Love Thing - Keith Urban



POINT, CROSS POINT, DOWN & UP

- 1 Point right foot to right side
 - 2 Cross right foot in front of left foot
 - 3&4 Bend both knees and roll up
 - 5 Point left foot to left side
 - 6 Cross left foot in front of right foot
 - 7&8 Bend both knees and roll up
- Optional arm styling: on 3&4, 7&8 with arms in front of your body

SWEEP, ¾ TURN, KICK BALL CHANGE, ROCK STEP, COASTER STEP

- 1-2 Sweep left foot behind around your right foot to make ¾ turn left - take weight on left foot
- 3&4 Kick right foot forward, quickly step ball of right foot back to meet left foot, step left foot forward
- 5-6 Rock forward with right foot, step back on left
- 7&8 Step back right foot, step left foot next to right foot, step right foot forward

STEP SLIDES LEFT, HULAS

- 1-4 Step left foot forward at 45 degrees and slide right behind, step forward left, slide right beside left
- 5-6 Hula to the left (hip swivel)
- 7&8 Hula to the left

STEP SLIDES RIGHT, HULAS

- 1-4 Step right foot forward at a 45 degrees and slide left behind, step forward right, slide left beside right
- 5-6 Hula to the left (hip swivel)
- 7&8 Hula to the left

HEEL JACKS, HULA

- &1&2 Step back on right, touch left heel forward, bring left foot home, step right toe beside left foot
- &3&4 Step back on left, touch right heel forward, bring right foot home, step left toe beside right foot
- 5-8 Hula to the left

SAILOR RIGHT, LEFT, RIGHT, LEFT (TRAVELING BACKWARDS)

- 1&2 Step right foot behind left foot, step left foot to the left side, step right foot to the right side
 - 3&4 Step left foot behind right foot, step right foot to the right side, step left foot to the left side
 - 5&6 Step right foot behind left foot, step left foot to the left side, step right foot to the right side
 - 7&8 Step left foot behind right foot, step right foot to the right side, step left foot to the left side
- Optional: arm styling when dancing to live, laugh, love: on 1&2, 3&4 -with both arms in front, shoulder high bent at elbows roll arms backwards. On 5&6 - place right arm in front, shoulder height, bent at elbow, hand up with left hand touching right elbow. On 7&8 - place left arm in front, shoulder height, bent at elbow, hand up with right hand touching left elbow

REPEAT