

Loosen Up!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Lesley Clark (SCO)
音乐: Buttons - The Pussycat Dolls



TOE SWITCHES, HITCH & POINT RIGHT & LEFT

1&2&	Point right out to right side, step right in place, point left to left side, step in place
3&4&	Point right to right side, hitch right knee up, point right to right side
5&6&	Point left to left side, step left in place, point right to right side, step in place
7&8	Point left to left side, hitch left knee up, point left to left side

STEP, BEHIND, SIDE SHUFFLE RIGHT & LEFT

&1-2	Step left in place, step right to right side, step left behind right
3&4	Side shuffle to right on a (right, left, right)
5-6	Step left to left side, step right behind left
7&8	Side shuffle to left on a (left, right, left)

SHUFFLE RIGHT & LEFT, ROCKING CHAIR, STEP ¼ TURN

1&2	Right shuffle forward on a (right, left, right)
3&4	Left shuffle forward on a (left, right, left)
5&6&	Rock forward onto right, recover on left, rock back onto right, recover on left
7-8	Step forward on right, turn a ¼ turn to left (weight on left foot)

CROSS STEP, STEP, BEHIND, SIDE, FRONT, ROCK, RECOVER, BEHIND, SIDE, FRONT

1-2	Cross step right over left, step left to left side
3&4	Cross right behind left, step to the left, cross step right in front of left
5-6	Rock out on left, recover
7&8	Cross step left behind right, step right to right side, cross step left in front of right

REPEAT
