

Shoo Bee Do

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Dan Ross (USA) & Sharon Ross (USA)
音乐: Shoo Bee Do Bee Do (I Like That Way) - La Bouche



FORWARD & BACK JUMPS WITH KNEE ROLLS, KICK-FLICK ¼ TURN

& Step right foot forward
1 Step left foot next to right
2-3 Roll right knee out and in
& Step left foot backward
4 Step right foot next to left
5-6 Roll left knee out and in
7 Kick right foot forward
8 Flick right foot backward as you turn ¼ turn to the right with the weight on your left foot
OPTION: Touch right toe next to left foot after turning ¼ turn right

FORWARD & BACK JUMPS WITH KNEE ROLLS, KICK-FLICK, ¼ TURN

& Step right foot forward
9 Step left foot next to right
10-11 Roll right knee out and in
& Step left foot forward
12 Step right foot next to right
13-14 Roll left knee out and in
15 Kick right foot forward
16 Flick right foot backward as you turn ¼ turn to the right with the weight on your left foot
OPTION: Touch right toe next to left foot after turning ¼ turn right

HEEL TAPS, JUMP-CROSS, STEP, CROSS, STEP, HIP SWAYS

17 Tap right heel diagonally forward right
18 Tap right heel diagonally forward right
& Hop slightly to the right side, switching weight to right foot
19 Cross/step left foot over right foot
20 Step right foot to right side
21 Cross/step left foot behind right foot
22 Step right foot to right side
23 Sway hips to the left
24 Sway hips to the right

HEEL TAPS, JUMP-CROSS, STEP, CROSS, STEP, HIP SWAYS

25 Tap left heel diagonally forward left
26 Tap left heel diagonally forward left
& Hop slightly to the left side, switching weight to left foot
27 Cross/step right foot over left foot
28 Step left foot to left side
29 Cross/step right foot behind left foot
30 Step left foot to left side
31 Sway hips to the right
32 Sway hips to the left

TRAVELING KICK-BALL-STEP, ROCK STEP, TRAVELING KICK-BALL-STEP, ¼ TURN, TOGETHER

33 Kick right foot diagonally forward right

& Step right foot next to left foot
34 Step left foot forward diagonally right
35 Step right foot diagonally forward right swaying hips forward
36 Rock back onto left foot swaying hips back
37 Kick right foot diagonally forward right
& Step right foot next to left foot
38 Step left foot forward diagonally right
39 Turning $\frac{1}{4}$ turn to the left step right foot back
40 Step left foot next to right

SHUFFLE, KICK-BALL-CROSS, UNWIND $\frac{1}{2}$ TURN WITH HEEL BOUNCES

41 Step right foot forward
& Step left foot next to right
42 Step right foot forward
43 Kick left foot forward
& Step left foot next to right
44 Cross/step right foot over left
45-48 Slowly unwind $\frac{1}{2}$ turn to the left as you bounce on your heels for 4 beats of music, ending up with your weight on your left foot

REPEAT
