

Stop Thinkin'

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Donna Webb-Shoup & Larry Bass (USA)
音乐: I've Been Thinking About You - New Londonbeat



KICK-OUT-OUT, ELVIS KNEES, HIP BUMPS, HIP BUMPS WITH ¼ TURN

1&2 Kick right forward, step right to right side, step left to left side
3 Push right knee inward while straightening left leg
4 Push left knee inward while straightening right leg
5&6 Bump hips left, center, left
7&8 Bump hips right, center, right turning ¼ turn left

FORWARD SHUFFLE, PADDLE TURNS; SAILOR SHUFFLE, COASTER STEP WITH ¼ TURN

9&10 Shuffle forward left, right, left
&11 Hitch right knee inward, touch right to right side while turning ¼ turn left on ball of left
&12 Hitch right knee inward, touch right to right side while turning ¼ turn left on ball of left
13&14 Step right behind left, step left to left side, step right diagonally forward to right side
15&16 Turn ¼ turn left while stepping left back, step right beside left, step left forward

KICK-BALL-ROCK FORWARD & ROCK BACK & ROCK FORWARD, SIDE ROCK CROSS; STEP, SCOOT, SCOOT

17&18 Kick right diagonally forward to right side, step right beside left, step left across right
&19 Rock back onto right, step left back
&20 Rock forward onto right, step left across right
21&22 Step right to right side, rock left onto left, step right across left
23&24 Step left diagonally forward to left side, scoot diagonally forward to left side on left twice

Variation for 23&24: shuffle left, right, left diagonally forward to left side

CROSSOVER MAMBO WITH ¼ TURN, TURNING FORWARD SHUFFLE, COASTER STEP, FORWARD SHUFFLE

25&26 Step right across left, rock back onto left, turn ¼ turn right while stepping right forward
27&28 Shuffle forward left, right, left while turning ½ turn right
29&30 Step right back, step left beside right, step right forward
31&32 Shuffle forward left, right, left

REPEAT