

Hip Lace '99'

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate/Advanced
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音乐: Lost In Space (Theme) - Apollo Four Forty



LACED HANDS-TURNING, MORE HAND WORK TURNING

Start with feet apart, fingers laced in front of chest palms facing down, elbows lifted

- &1 Keeping fingers laced, raise right elbow up, cause down rippling through the wrists following through to the left elbow, while doing the handwork step back left (&), step forward right (1)
- 2 Keeping fingers laced, hold and turn $\frac{1}{4}$ left
- &3 Keeping fingers laced, raise right elbow up cause down rippling through the wrists following through to the left elbow
- &4 Repeat counts &3
- 5 Raise right arm so elbow-shoulder is parallel to floor, also right palm facing forward and vertical, left fingers touching forearm just above crook of right elbow
- 6 Bring right hand down & under left arm, back of right hand touches left wrist, left hand moves up & down ending back of left hand facing floor keeping back of right hand on left wrist
- 7 Slide left hand towards you while moving right arm to right side ending with left hand grasping right elbow and turning $\frac{1}{4}$ turn right

End facing original wall at 12:00

- 8 Hold for (1) count still with left hand grasping right elbow

& KICK BALL POINT, KICK BALL POINT, UNWIND $\frac{1}{2}$, UNWIND FULL

- & Dropping arms step right beside left
- 9&10 Kick left forward, step left beside right, point right toe to right side
- 11&12 Kick right forward, step right beside left, point left toe to left side
- 13 Keeping left toe pointing, unwind $\frac{1}{2}$ turn left on (1) count

End with legs crossed

- 14-16 Keeping legs crossed unwind (1) full turn right

End with feet side by side

ARM MOVEMENTS (SIMILAR TO SNAKE ROLLS) HIP ROLLS

- 17&18 Move right arm to right side as you start a rippling effect across your arm, pushing hips to left side, turning head slightly to right side
- 19&20 Dropping right arm move left arm to left side as you start a rippling effect across your arm, pushing hips to right side, turning head slightly to left side
- 21-24 Dropping arms roll hips twice to the left over (4) counts

APPLEJACKS TRAVELING RIGHT WITH HAND POINTS, ROLLING VINE LEFT

- 25 Weight on left toe & right heel, swivel left heel & right toe right
- & Weight on left heel & right toe, swivel left toe & right heel right
- 26 Weight on left toe & right heel, swivel left heel & right toe right
- & Weight on left heel & right toe, swivel left toe & right heel right
- 27 Weight on left toe & right heel, swivel left heel & right toe right
- & Weight on left heel & right toe, swivel left toe & right heel right
- 28 Weight on left toe & right heel, swivel left heel & right toe right

As you doing counts 25-28, do the following hand movements:

- 25 Point right arm upwards to right diagonal like this '/'
- & Right fingers touches center of chest
- 26 Right fingers touches left shoulder
- & Right fingers touches right shoulder
- 27 Point right arm upwards to right diagonal like this '/'

& Right fingers touches center of chest
28 Point right fingers down to floor
29-32 Roll 1 ¼ turn left traveling to left side stepping left, right, left, right
End facing left of original wall 9:00.

REPEAT
