

Givin' It Up

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 0 级数:
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音乐: Give It Up - KC and the Sunshine Band



Sequence: AB, A (counts 1-16), AB, ABB, A (counts 1-16), AB, AB

PART A

SYNCOATED TOE TOUCHES, KICK FORWARD, JAZZ JUMP BACK, JAZZ JUMP FORWARD

- 1&2 Touch right toe out to side, quickly switch feet, touch left toe to side
&3-4 Step left foot home, touch right toe to side, kick right foot forward
&5-6 Step right foot back and slightly out to side, step left foot to side, hold (feet shoulder width apart)
&7-8 Step right foot forward and slightly to side, step left forward and shoulder width apart from right, hold

MASH POTATOES BACK, JAZZ JUMP FORWARD, JAZZ JUMP BACK

- &1 Lift right foot slightly off floor and turn both toes in/heels out, step back onto right foot as you turn both toes out/heels in
&2 Lift left foot slightly off floor and turn both toes in/heels out, step back onto left foot as you turn both toes out/heels in
&3 Lift right foot slightly off floor and turn both toes in/heels out, step back onto right foot as you turn both toes out/heels in
&4 Swivel both heels out & in
&5-6 Step right foot forward and slightly out to side, step left foot to side, hold (feet shoulder width apart)
&7-8 Step right foot back and slightly to side, step left back and shoulder width apart from right, hold

RIGHT & LEFT LOCK STEPS

- 1-4 Step forward on right foot, slide left foot behind & to right of right foot, step forward on right foot, touch left foot beside right
5-8 Step forward on left foot, slide right foot behind & to left of left foot, step forward on left foot, touch right foot beside left foot

½ MONTEREY TURN TWICE

- 1-4 Touch right toe to side, turn ½ to right (pivoting on left foot), step right foot next to left, touch left toes to side, step left beside right
5-8 Touch right toe to side, turn ½ to right (pivoting on left foot), step right foot next to left, touch left toes to side, step left beside right

PART B

RUNNING MAN, STEP HOLD, AND STEP HOLD

- 1&2& Step forward right, scoot back on right, step forward left, scoot back on left
3&4& Step forward right, scoot back on right, step forward left, scoot back on left
5-6 Place right foot forward, hold
&7-8 Step back on right, point left forward, hold

STEP, CROSS, STEP, RIGHT SAILOR WITH KICK, & STEP, CROSS, ¼ TURN LEFT, COASTER STEP

- &1-2 Step back on left, cross right in front of left, step left to side
3&4 Step right behind left, step left to side, kick right foot forward diagonally (body angled right)
&5-6 Step back on right, cross left in front of right, turn ¼ left stepping back on right
7&8 Step back left, step right beside left, step left forward

