

Eat The Rhythm

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4
编舞者: Jean Tiddy (UK)
音乐: Eat the Music - Kate Bush

级数: Intermediate/Advanced



RIGHT KICK STEP TOUCH TWICE, HIPBUMPS X 4

- 1&2 Kick right foot forward, step right foot in place, touch left foot to left side
- 3&4 Repeat on left foot
- 5-8 Place weight on left foot bumping hips to left side 4 times

On the hip bumps, raise arms, (elbows in at waist, hands at shoulder level) with lots of attitude. Place weight on right foot after last hip bump

LEFT KICK STEP TOUCH TWICE, HIPBUMPS X 4

- 1&2 Kick left foot forward, step left foot in place, right foot to right side
- 3&4 Repeat on right foot
- 5-8 Keeping weight on right foot bump hips to right side 4 times

On the hip bumps, raise arms, (elbows in at waist, hands at shoulder level) with lots of attitude

CHASSE LEFT, FULL TURN, ROCK, KICK STEP CROSS

- 1&2 Step left foot to left side, bring right foot next to left foot, step left foot to left side turning ½ turn to left
- 3&4 Step right foot to right turning ½ turn to left, step left foot next to right
- 5-6 Rock forward on right foot, rock back and replace on left foot
- 7&8 Kick right foot forward, step right foot next to left foot, step left foot across right foot

CHASSE RIGHT, FULL TURN, ROCK, KICK STEP TOUCH

- 1&2 Step right foot to right side, bring left foot next to right foot, step right foot to right side turning ½ turn to right
- 3-4 Step left foot to left turning ½ turn to right, step right next to left
- 5-6 Rock forward on left foot, rock back and replace on right foot
- 7&8 Kick left foot forward, step left foot next to right foot, touch right foot next to left

RIGHT SHUFFLES FORWARD, ROCK OUT, IN

- 1&2&3 Step right foot forward, bring left foot behind right. Step right foot forward, bring left foot behind right
- &4 Step right foot forward, bring left foot behind right. Step right forward.
- 5-6 Rock forward on left foot, rock back and replace on right foot
- &7&8 Step left foot back and out to left, step right foot back and out to right, step left foot back and out to left, step right foot back and out to right, weight on left foot (shoulder width apart)

ROCK PADDLE TURNS, CROSS ROCKS

- 1-2 Rock right foot to right side pushing hips to right, rock and recover onto left foot turning 1/8 turn to left
- 3-4 Rock right foot to right side pushing hips to right, rock and recover onto left foot turning 1/8 turn to left
- 5&6 Rock right foot across in front of left foot, rock back and replace onto left foot, step right foot next to left foot with weight
- 7&8 Rock left foot across in front of right foot, rock back and replace on right foot, step left foot next to right foot with weight

On the hip bumps, raise arms, (elbows in at waist, hands at shoulder level) with lots of attitude

ROCK PADDLE TURNS, CROSS ROCKS

- 1-2 Rock right foot to right side pushing hips to right, rock and recover onto left foot turning 1/8 turn to left
- 3-4 Rock right foot to right side pushing hips to right, rock and recover onto left foot turning 1/8 turn to left
- 5&6 Rock right foot across in front of left foot, rock back and replace onto left foot, step right foot next to left foot with weight
- 7&8 Rock left foot across in front of right foot, rock back and replace on right foot, step left foot next to right foot with weight

On the hip bumps, raise arms, (elbows in at waist, hands at shoulder level) with lots of attitude

SYNCOPATED WEAVE, SAILOR SHUFFLES, ¼ TURN LEFT, ROCK STEP

- 1-2&3-4 Step right foot to right side, cross left foot behind right foot, step right foot to right side, cross left foot in front of right foot, step right foot to right side
- 5&6 Cross left foot behind right foot, step right foot next to left foot, step left foot ¼ to left side
- 7-8 Rock left foot to right side, rock back and replace on left foot

REPEAT
