

# Cocoa Puffs

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Zac Detweiller (USA)  
音乐: My Humps - Black Eyed Peas



## WALK, WALK, OUT, OUT, HOLD, RIGHT SAILOR STEP, LEFT KICK, OUT, OUT

- 1-2      Walk forward right, left
- &3      Step right foot out to right side, step left foot to left side
- 4      Hold
- 5&6      Step right foot behind left, step left foot to left, step right foot forward
- 7&8      Kick left foot forward, step left foot to left, step right foot to right

## SIDE STEP, HOLD, SHRUG, SHRUG, SIDE STEP, HOLD, RIGHT ¼ SAILOR STEP

- &1      Step left foot beside right, step right foot to right keeping feet shoulder width apart
- 2      Hold
- &3&4      Shrug shoulders up, bring shoulders down, shrug shoulders up, down again
- &5      Step right foot beside left, step left to left side, keeping feet shoulder width apart
- 6      Hold
- 7&8      Step right foot behind left, making ¼ turn right step left foot to left, step right foot to right side

## OUT, OUT, LOOK, THRUST/BUMP, BODY ROLL, RIGHT ¼ SAILOR STEP

- &      Step left foot to left side raising right hand above forehead with palm facing out
- 1      Step right foot to right side (shoulder width apart) raising left hand beside right
- 2      Look to left holding current position
- 3&4      Thrust hips forward, return center, thrust forward (option: hip bumps right-left-right)
- 5&6      Body roll, downwards, (option: hip bumps left-right-left)
- 7&8      Step right foot to right, making ¼ turn right step left foot to left, step right foot to right side

## WALK, WALK, ROCK, RECOVER ½ LEFT, ¼ ROCK AND CROSS, POINT, POINT

- 1-2      Walk forward left, walk forward right (facing 6:00)
- 3&4      Rock forward onto left foot, recover onto right, make ½ turn to left stepping forward
- 5&6      Rock right foot to right making a ¼ turn to left, recover weight to left, step right foot across in front of left (facing 9:00)
- 7&8      Point left foot to left side, step left beside right, point right foot to right side

## REPEAT

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