

Bump 'n' Grind

COPPERKNOB
STEPSHEETS

拍数: 0 墙数: 1 级数: Intermediate/Advanced
编舞者: Nicki Rogers (UK)
音乐: She Bangs - Ricky Martin



Sequence: ABB, Tag, ABB, Tag, CBBB

SECTION A

1-4	Right vine with left scuff
5-6-7&8	Left chasse rock back on right
1&2	Right kick ball change
3&4	Right kick ball change
5-6-7&8	Walk right, left, right shuffle
1&2	Left kick ball change
3&4	Left kick ball change
5-6-7&8	Walk left, right, left shuffle
1-2-3&4	Right rock forward, triple half turn
5-6-7&8	Left rock forward, coaster
1-4	Right side rock, sailor
5-8	Left side rock, sailor
1-4	Right kick front, kick side, coaster
5-8	Left kick front, kick side, coaster
1-4	Monterey half
5-8	Monterey half
1&2-3-4	Right side chasse, rock back left
5&6-7-8	Left side chasse, rock back right
1-2&3-4	Syncopated vine, touch right to right side
5-6-7-8	Step right behind left, touch left to left side, step left to front, unwind
1-2-3-4	Right jazz box
5&6&7-8	Heel switches right, left, right, clap, clap
1&2&3-4	Heel switches left, right, left, clap, clap
5-6	Right step, wiggle bum
7-8	Left step, wiggle bum
1-2	Right to side, back in, weight onto right
3-4	Left to side, back in, weight onto left (left slightly behind right)
5-8	Sit down, stand up, sit down, stand up

SECTION B

1-4	Two right Elvis knees
5-8	Two left Elvis knees

1-4	Right front, side, switch, switch
5-8	Right front, side, switch, switch
1-4	Shoulder pops right, left, right, left(on last, bring right to left and change weight)
5-8	Shoulder pops left, right, left, right(on first, left out, on last left in)
1-4	Right rock forward, triple half
5-6-7&8	Left rock forward, recover, coaster

SECTION C

1-2-3&4	Right rock forward, $\frac{3}{4}$ turn
5-6-7&8	Left rock forward, coaster
1-2-3&4	Skate right, left, right shuffle
5-6-7&8	Skate left, right, left shuffle
1-2-3&4	Right cross rock, right chasse
5-6-7&8	Left cross rock, left chasse
1-2-3&4	Right rock forward, $\frac{3}{4}$ turn
5-6-7&8	Left rock coaster
1-2&3-4	Syncopated vine to right, touch right to right side
5-8	Step right behind left, touch left to left side, step left to front, unwind
1-4	Right jazz box
5&6&7-8	Heel switches right, left, right, clap, clap
1&2&3-4	Heel switches left, right, left, clap, clap
5-6	Right step, wiggle bum
7-8	Left step, wiggle bum
1-2	Right to side, back in, weight onto right
3-4	Left to side, back in, weight onto left (left slightly behind right)
5-8	Sit down, stand up, sit down, stand up
1-4	Hold

TAG

1&2	Right rock and cross
3&4	Left rock and cross
5-8	Right jazz box
