

Beat It Up

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate / Advanced
编舞者: Masters In Line (UK)
音乐: The Boogie That Be - Black Eyed Peas



WALK ROCK STEPS TWICE, CROSS, SIDE, BEHIND, SIDE, CROSS

- 1-2& Walk forward on right foot, rock left foot to left side, rock right foot in place
- 3-4& Walk forward on left foot, rock right foot to right side, rock left foot in place
- 5-6 Cross right foot in front of left foot, step left foot to left side
- 7&8 Cross right foot behind left foot, step left foot to left side, cross right foot in front of left foot

BACK ROCK HITCHES TWICE, STEP BACK, TOUCH, BRUSH, OUT-OUT

- 9&10 Rock back on left foot, rock forward on right foot, rock back on left foot and hitch right knee up
- 11&12 Rock back on right foot, rock forward on left foot, rock back on right foot and hitch left knee up
- 13-14 Step back on left foot, touch right toe back
- 15&16 Brush right foot next to left foot, step right foot to right side, step left foot to left side

BEND KNEES, IN-OUT, LUNGE, HIP ROCK, SLIDE, ROCK & TOUCH, HITCH & TOUCH

- 17&18 Bend knees and point them in towards each other, turn both knees out away from each other, lean across onto right foot picking right shoulder up and kicking left foot low to left side, (knees are still bent)
- &19&20 Step left foot down, push hips to left side, push hips to right side, push left foot a big step to left side
- 21&22 Cross rock right foot in front of left foot, rock left foot in place, touch right toe to right side
- 23&24 Hitch right knee up, step right foot down next to left foot, touch left toe to left side

SAILOR STEPS TWICE, CROSS WALKS X3, KNEE ROLL ½ TURN

- 25&26 Cross left foot behind right foot, step right foot to right side, step left foot in place
- 27&28 Cross right foot behind left foot, step left foot to left side, step right foot in place
- 29-30 Walk left foot forward slightly in front of right, walk right foot forward slightly in front of left
- 31&32 Step forward on left foot, pick both heels up off the floor roll right knee then left knee while making ½ turn to right, right heel hits the floor on the & count left heel on count 32

STEP LOCK STEPS WITH ½ TURNS X4

- 33-34& Step right foot to right diagonal, lock left foot behind right foot, step right foot to right side
- 35-36& Step left foot to left diagonal, lock right foot behind left foot, make a ½ turn right and step left foot to left side
- 37-40& Repeat steps 33-36&

&CROSS, SIDE, &CROSS, SIDE, &CROSS, ¼, SIDE, JUMP, JUMP

- 41-42& Cross right foot in front of left foot, step left foot to left side, step back on right foot
- 43-44& Cross left foot in front of right foot, step right foot to right side, step back on left foot
- 45-46 Cross right foot in front of left foot, make a ¼ right and step back on left foot
- 47&48 Step right foot to right side, with feet together do two small jumps to right side

REPEAT