

Aloha Special

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Intermediate/Advanced
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音乐: Super Love - Exile



BUTTERFLY & KNEE POPS

1-6 -- Keep knees bent & loose

- 1 With weight on left, roll right knee inward (use ball of foot)
- 2 Roll right knee outward/place weight on it
- 3 Shift weight to right as you roll left knee inward (use ball of foot)
- 4 Roll left knee outward/place weight on it
- 5 Roll right knee inward
- 6 Roll right knee outward/place weight on it
- 7 Touch left toe in place/popping left knee (weight on right)
- 8 Touch right toe in place/popping right knee (weight on left)

FORWARD (12:00) SHUFFLE WITH PIVOT TURN

- 1&2 Shuffle forward 12:00 (right, left, right)
- 3 Step forward left
- 4 Pivot turn right
- 5&6 Shuffle backward 12:00 (right, left, right)
- 7 Rock back onto left foot
- 8 Rock forward onto right foot (weight stays on right)

BACK (6:00) SHUFFLE WITH PIVOT TURN

- 1&2 Shuffle forward 6:00 (left, right, left)
- 3 Step forward right
- 4 Pivot turn left
- 5&6 Shuffle backward 6:00 (left, right, left)
- 7 Stomp right in place
- 8 Stomp left in place

KICK AND POINTS

- 1 Kick right foot front (about 6" off floor)
- & Step in place on right
- 2 Point left foot out to left
- 3 Kick left foot to the front (same as step #1)
- & Step in place on left foot
- 4 Point right foot out to right
- 5&6 Same as 1&2
- 7&8 Same as 3&4

SYNCOPATED VINE WITH ¼ TURN

- 1 Step to the right with right
- 2 Cross behind with left
- & Step to the side with right
- 3 Step ¼ turn right with left
- 4 Brush right forward (6" off floor)
- 5 Cross right over left (weight right)
- 6 Rock onto left (feet crossed)

- 7 Rock onto right (feet crossed)
- 8 Brush left foot forward (6" off floor)

ROCK STEPS, ½ TURN AND STOMPS

- 1 Cross left over right (weight left)
- 2 Rock weight right (feet crossed)
- 3 Rock weight left (feet crossed)
- 4 Step back onto right foot
- 5 Left toe touches back begin ½ turn left
- 6 Step down onto left foot finishing ½ turn
- 7 Stomp right in place
- 8 Stomp left in place

REPEAT
