

Kris's Kardio

COPPER KNOB
STEPPERS

拍数: 72 墙数: 2 级数: Intermediate
编舞者: Kris Lundberg - June 2007
音乐: Excuse Me Mister - No Doubt



Stretch for the first 48 Counts ? I mean it!

1-16

1, 2 Hitch Right Foot whilst doing a ¼ turn (Facing 3:00)
&3, 4 Recover on Right, Rock Forward on Left, Step Forward on Right
5, 6 Lunge up on Left, Touch Right
7, 8 ¼ Turn, Lunge up on Right, Touch Left (Facing 6:00)
9-12 Right Skate, Left Skate, Right Skate, Right Touch
13-16 Left Skate, Right Skate, Left Skate, Left Step

17-32

17, 18 Kickbox Right Leg to Right Side and Recover
19, 20 Clockwise dip, weight on left hip
21-22 Right shoulder pulse, Left Shoulder pulse
23-24 Squat, ½ turn Right (Facing 12:00)
25-28 Weave Left foot over traveling right with heel touch, Hold
29-32 Weave Right over traveling left with heel touch

33-48

33-36 Right Toe Touch, Hold, Left Toe Touch, Hold
37-40 ½ Turn Left and Kick Ball Change (Facing 6:00)
41-44 Step out Right to right side, ½ Turn Right, ½ Turn Right
&45-48 ½ Turn Right, Raise Left Front and slap with Right Hand, Raise Left Front and slap with Left Hand, Hold for 47, Slap both legs on 48 (Facing 12:00)

49-56

49-50 Lunge out on left foot and bring right foot to left
51-52 Ankle Break Left, Ankle Break Right
53-54 Hop out on both legs so legs are wider than shoulder width apart, Hold
55-56 Hold, Right Ball Change

57-72

57-58 ¼ Turn, Step Forward on Left, Touch Right (Facing 9:00)
59-60 Swing Right Back and Touch Left
61-64 Touch Right, Touch Left (Repeat)
65-68 Step left back with Right Knee Pop, Step Right Back with Left Knee Pop, Coaster
69-70 Step Right Forward, Body Roll Up
71-72 Hop on both feet and ¼ Left (Facing 6:00)

Repeat and don't forget to breathe.

Tag is done only after the 1st Wall - 8 Counts Jumping Up & Down (not too high)

NOTE: I added clock notations to keep in check. Please note, these only work for the front wall

[Website](#)