

I Love My Chick

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
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音乐: I Love My Chick - Busta Rhymes



WALKS R/L , OUT/OUT , APPLE JACKS LEFT (2 X), HITCH , SLIDE RIGHT , HOLD & CROSS

- 1& RF walk forward , LF walk forward (&)
- 2& RF step out to right , LF step out to left (&)
- 3 swivel left toes toe left , whilst pushing right heel in
- & swivel both feet back to center (feet shoulderwidth apart)
- 4& repeat 3& , end with weight on LF
- 5 hitch right knee in front of left leg
- 6 RF slight to right side
- 7 hold
- & LF step next to RF
- 8 RF cross in front of LF
- Optional: you can bounce shoulders to right , while doing apple jacks

UNWIND FULL TURN LEFT , BEND KNEES , JUMP R/L/R , SLIDE LEFT , STEP TOGETHER, JUMPS WITH 1/4 TURN LEFT

- 1 unwind , full turn left on ball of both feet
- 2 place hands on knees (elbows out) , whilst bending slightly forward
- 3 jump with both feet together (small jumps) to right
- & jump to left
- 4 jump to right
- Note: hands are still on knees whilst jumping
- 5 LF slide to left side
- 6 RF step next to LF
- 7 jump with both feet slightly to left
- & repeat count 7
- 8 repeat count 7 , but turn 1/4 left as well on this last jump (end facing 9 o'clock , weight ends on LF)

JUMP FORWARD ON R , KICK FORWARD / BACK L HITCH WITH 1/2 TURN LEFT , L STEP FORWARD , R TOUCH NEXT TO L , FULL TURN FORWARD (R/L) , BODY SHAKE

- 1 jump forward on RF (lean slightly forward)
- & LF kick forward
- 2 LF kick forward
- & turn 1/2 left on ball of RF , whilst hitching left knee up (end facing 3 o'clock)
- 3 LF step forward
- 4 RF touch next to LF
- 5 make 1/2 turn left stepping RF backward
- 6 make 1/2 turn left , steppin LF forward (facing 3 o'clock)
- 7 RF , touch next to LF , whilst shaking upperbody
- & shake upper body
- 8 shake upper body

LEANS WITH KNEE BUMPS (4X) , WITH 1/4 TURN RIGHT

- 1 RF step backwards , (lean slightly backwards with upperbody whilst popping left knee up
- 2 pop left knee up
- & make 1/4 turn right on ball of RF , (facing 6 o'clock)
- 3 LF step out to left , whilst popping right knee up (lean slightly to left with upperbody)
- 4 pop right knee up
- 5 - 8 repeat counts 1 to 4 , but without the 1/4 turn so you will begin the dance to 6 o'clock wall

