

Hands Off!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Maureen Jones (UK) & Michelle Jones (UK) - January 2008
音乐: Piece of Me - Britney Spears : (CD Single)



Intro: 16 counts

HITCH, BACK, LEAN BACK, RECOVER, HITCH-BALL-BACK, TOUCH BACK, ½ PIVOT

- 1-2 Hitch right, step right back
- 3-4 Lean back onto right (bending right knee), recover forward onto left
- 5&6 Hitch right, step right back, step left back
- 7-8 Touch right back, pivot ½ turn right (weight on right)

MAKE ¼ TURN, HIP BUMPS WITH GLANCES, BACK ROCK, TOUCH, ¾ SPIN TURN, STEP

- 9-10 Make ¼ turn right and bump hips left & look left, bump hips right & look right
- 11&12 Bump hips left, right, left & look left
- 13-14 Rock back on right, recover onto left
- 15&16 Touch right forward, on ball of left spin ¾ turn left, step right to right

CROSS, HITCH, TOUCH WITH HIP BUMP, HITCH, BACK, LOOK BACK WITH HIP SLAP, STEP

- 17-18 Step left across right, hitch right
 - 19-20 Touch right to right and push hips right, hitch right
 - 21-22 Step right back, look back and slap right hand on right hip
- (alternative option: count 22: look back and click right fingers back)
- 23 Step left forward (looking forward)

LOCK SHUFFLE, BRUSH-HITCH-CROSS, DIAGONAL BACK STEPS, CROSS, UNWIND ¾ TURN

- 24&25 Step right forward, lock left behind right, step right forward
- 26&27 Brush left forward, hitch left, step left across right
- 28-29 Step right diagonally back right, step left diagonally back left
- 30-32 Touch right across left, unwind ¾ turn left over 2 counts (weight

Begin again.
