

JustMad (aka TIC TOC)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner Hip Hop
编舞者: Nancy Morgan (USA) - March 2008
音乐: 4 Minutes (feat. Justin Timberlake & Timbaland) - Madonna : (CD: Single)



Start: 16 counts after he says "Break Down"

RIGHT KNEE ROLL, LEFT KNEE ROLL, HEEL & HEEL & STOMP, CLAP

- 1,2 Roll Right knee in toward left and out (clockwise) so that your weight ends on your Right
- 3,4 Roll Left knee in toward Right and out (Counter-clockwise) so that your weight ends on your Left
- 5&6 Tap Right heel forward, step Right next to Left, tap Left heel forward
- &7,8 Step Left next to Right, stomp Right slightly forward, clap

SHUFFLE DIAGONALLY RIGHT, SKATE, SKATE, BACK, BACK, COASTER STEP

- 1&2 Shuffle Diagonally to Right – Right, Left, Right
- 3 Drag Left in a semi circle going counter-clockwise toward Right foot and forward so that you step forward on Left
- 4 Drag Right in a semi circle going clockwise toward Left foot and forward so that you step forward on Right
- 5 Drag Left in a semi circle going counter-clockwise toward Right foot and forward so that you step forward on Left
- 6 Drag Right in a semi circle going clockwise toward Left foot and forward so that you step forward on Right
- 7&8 Left Coaster Step – Step back on Left, back on Right, forward on Left

WALK, WALK, STEP, ¼ TURN TOUCH, STEP, TOUCH, STEP, TOUCH

- 1,2 Walk forward Right, Left
- 3,4 Step forward on Right, pivoting ¼ turn to Left, touch Left toe out to Left side
- 5,6 Swing your hips around the back and from Right to Left so that your weight shifts to the Left foot and touch your Right toe to the Right side
- 7,8 Swing your hips around the back and from Left to Right so that your weight shifts to the Right foot and touch your Left toe to the Left side

STEP, CROSS, BACK, FORWARD, CROSS, BACK, SIDE, KNEE POP, CLAP

- 1,2 Step on your Left, Cross Right over Left
- 3,4 Step back on Left, step forward on Right
- 5,6 Cross Left over Right, step back on Right
- 7&8 Step Left to Left side, Lift both heels off of floor as you bend knees (similar to knee pops) & Clap at same time

REPEAT!