

Hypnoti-Notico

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Hypnotico - Jennifer Lopez : (CD: Love, Deluxe Edition 2011)



16 count intro (08 Sec)

Sec 1: [1-8] Small Step Fwd, Pushing L Diagonal Back With Knee Pop, Together, Pushing R Diagonal Back With Knee Pop, Kick Ball Touch, Diagonal Hip Bumps Fwd

- 1-2 Step slightly forward on Rf, pushing your Lf diagonally back keeping your weight forward on Rf and popping R knee forward (Like moon walking in place)
- 3-4 Step Lf next to Rf, pushing your Rf diagonally back keeping your weight forward on Lf and popping L knee forward (Like moon walking in place)
- 5&6 Kick forward Rf, step Rf back in place on ball, touch forward on Lf holding weight onto Rf
- &7&8 Bump hips forward, bump hips back, bump hips forward, bump hips back weight onto Rf (12:00)

Sec 2: [9-16] Together, 1/4 Turn R, Cross, Point, Cross, Diagonal Kick Fwd, Cross, Back, Side, Cross

- &1-2 Step Lf next to Rf, turn 1/4 right (3) cross Rf over Lf, point Lf out to left holding weight onto Rf
- 3-4 Cross Lf over Rf, kick diagonal forward on Rf holding weight onto Lf
- 5-6 Cross Rf over Lf, step back on Lf weight onto Lf
- 7-8 Step Rf to the right, cross Lf over Rf weight onto Lf (3:00)

Sec 3: [17-24] Toe Push Fwd, Shoulder Movement R-L-R-L, Sailor Step, 1/4 Sailor R

- 1-4 Push your R toe diagonally forward pushing your R shoulder up, push your L shoulder up, pushing your R shoulder up, pushing your L shoulder up (Shoulder Movement R-L-R-L) (3:00)

Restart Here WALL 6 after 20 count after restart again (Facing 9 o'clock)

- 5&6 Step Rf behind Lf, step Lf to the left, step Rf to the right
- 7&8 Step Lf behind Rf, turn 1/4 to right (6) step forward on Rf, step forward on Lf (1/4 Sailor R)
Restart

Restart Here WALL 4 after 24 count after restart again (Facing 3 o'clock)

Sec 4: [25-32] Touch Fwd, Back, Touch Back, Unwind 1/2 L, Out, Out, Back, 1/4 Turn L, Side

- 1-2 Touch forward on Rf, step back on Rf weight onto Rf (6:00)
- 3-4 Touch back on Lf, unwind 1/2 left (12) take weight onto Lf
- 5-8 Step Rf out to right, step Lf out to left, step back on Rf, turn 1/4 left (9) step Lf to the left weight onto Lf

Sec 5: [33-40] Cross, Lift, Cross, 1/4 Turn L, Back, 1/4 Turn L, Out, Out, Knee Pops L-R

- 1-2 Cross Rf over Lf, lift L knee up holding weight onto Rf (9:00)
- 3-4 Cross Lf over Rf, turn 1/4 left (6) step back on Rf weight onto Rf
- 5-6 Turn 1/4 left (3) step Lf out to left, step Rf out to right weight onto both feet
- 7-8 Popping L knee forward, popping R knee forward weight onto Lf (Knee pops L-R) (3:00)

Sec 6: [41-48] 1/4 Turn R, Fwd, 1/2 Turn R, Back, Back, Tog, Fwd, 1/2 Turn L, Back, 1/4 Turn L, Side, Tog

- 1-2 Turn 1/4 right (6) step forward on Rf, turn 1/2 right (12) step back on Lf weight onto Lf
- 3-4 Step back on Rf, tog Lf next to Rf weight onto Rf
- 5-6 Step forward on Lf, turn 1/2 left (6) step back on Rf weight onto Rf
- 7-8 Turn 1/4 left (3) step Lf to the left, tog Rf next to Lf weight onto Lf (3:00)

Start Again, Enjoy!

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