

Pumped Up Kicks

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Newcomer - ECS
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音乐: Pumped Up Kicks - Foster the People



Intro: 64 counts in

Side Chasse, Back Rock, Touch In & Out, Kick Ball Cross

1&2 Step R foot to R side, step L foot beside R foot, step R foot to R side
3-4 Cross rock L foot behind R foot, recover weight on R foot
5-6 Touch L toes out to L side, touch L toes next to R foot
7&8 Kick L foot diagonally to L, step L foot in place, cross R foot over L foot

Side Chasse, Back Rock, Toe Strut, Cross Toe Strut

1&2 Step L foot to L side, step R foot beside L foot, step L foot to L side
3-4 Cross rock R foot behind L foot, recover weight on L foot
5-8 Touch R toes to R side, drop R heel in place, cross touch L toes over R foot, drop L heel and cross L foot over R foot

¼ Turn, Forward Shuffle, Pivot ½ Turn, Forward Shuffle, Pivot ½ Turn

1&2 Turning ¼ R stepping R foot forward, lock L foot behind R foot, step R foot forward
3-4 Step L foot forward, turn ½ R
5&6 Step L foot forward, lock R foot behind L foot, step L foot forward
7-8 Step R foot forward, turn ½ L

Hip Thrust Forward, Jazz Box ¼ Turn

1&2 Point R toes forward and pushing hips forward, back, forward
3&4 Point L toes forward and pushing hips forward, back, forward
5-8 Cross R foot over L foot, turn ¼ R stepping L foot back, step R foot to R side, step L foot beside R foot