

Lupe Lu

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Beginner
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音乐: Little Latin Lupe Lu - Bill Medley : (iTunes)



GRAPEVINE RIGHT WITH TWISTS

1,2,3,4 Step R foot to side, Step L behind R, Step R foot to side, Step L together
5,6,7,8 Twist heels to Right, Twist heels back to center, twist heels to Right, Twist heels back to center

****On count 8 make sure to take or shift weight to Left foot in preparation of next move.****

PONY STEPS WITH ¼ TURN

&1,2 Slight hop onto R foot (&), Touch L beside R (knee bent weight on R)(1), Hold (2)
&3,4 Turning ¼ to left, Slightly hop onto L foot (&), Touch R beside L (knee bent weight on L)(3), Hold (4)
&5,6 Slight hop onto R foot (&), Touch L beside R (knee bent weight on R)(5), Hold (6)
&7,8 Slightly hop onto L foot (&), Touch R beside L (knee bent weight on L)(7), Hold (8)

SHUFFLES & ROCK-STEPS (LINDY STEPS)

1&2 R step to right, L step beside R, R step to right
3,4 Rock back onto L, Recover weight onto R
5&6 L step to left, R step beside L, L step to left
7,8 Rock back onto R, Recover weight onto L

CHARLESTON STEPS

1,2,3,4 Step R forward, Kick L forward, Step back on L, Touch R toe back
5,6,7,8 Repeat 1-4 (this section)

GROOVY BUMPS WITH ARM MOVEMENTS

1,2 Step side right bumping hips to right, Bump hips right again.
Right arm is up at chest level palm forward, drawing elbow to right. Elbow follows hip movement.
3,4 Bump hips to left, Bump hips left again
Left arm is up at chest level palm forward, drawing elbow to left. Elbow follows hip movement
5,6 Bump hips to right, Bump hips right again
Right arm is up elbow bent at 90° angle hand in a fist with palm facing left. Left fist is down
7,8 Bump hips to left, Bump hips left again
Left arm is up elbow bent at 90° angle hand in a fist with palm facing right. Right fist is down

STEP, HOLD, ½ TURN, HOLD, STEP, HOLD, ½ TURN, HOLD

1,2,3,4 Step forward on R, Hold, Pivot ½ turn left (transfer weight to L foot), Hold
5,6,7,8 Repeat 1 - 4 (this section)

Begin Again!

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