

Work It

COPPER KNOB
STEPPERS

拍數: 40 牆數: 4
編舞者: Preslee Little - June 2018
音樂: Work by Sonic Rodeo

級數: Improver



KICK, KICK, COASTER STEP x2

1-2 Kick right forward, kick right to side
3&4 Step back right, step left next to right, step forward right
5-6 Kick left forward, kick left to side
7-8 Step back left, step right next to left, step forward left
(Restart on 4 th wall after 8 counts)

HIP BUMP x2, HIP ROLLS

1-2 Bump hip twice right
3-4 Bump hip twice left
5-8 Hip rolls (2)

WIZARD STEP x2, ROCK, RECOVER, COASTER

1-2& Step right forward, step left behind right, step right forward
3-4 & Step left forward, step right behind left, step left forward
5-6 Rock right forward, recover on left
7&8 Step back right, step left next to right, step right forward

½ TURN PIVOT, TRIPLE, ROCK RECOVER, ½ TRIPLE

1-2 step forward left, ½ turn over right shoulder
3&4 Step left, step right next to left, step left forward
5-6 Step forward right, recover on left
7&8 Step right ½ turn over right shoulder, step left next to right, step forward right

HEEL & HEEL & TOE & TOE, 1 ¼ TURN RIGHT

1&2& Touch left heel forward, step left next to right, touch right heel forward, step right next to left
3&4& Touch left toe to side, step left next to right, touch right toe to side, step right next to left
5-6 ¼ Turn right stepping right forward, ½ turn right stepping left back
7-8 ½ turn right stepping right forward, step forward on left

(Restart on 1st and 3rd walls at end of 8 counts)

END OF DANCE - REPEAT

Substitutions: Triple steps can be used to substitute for the wizard steps and the ¼ turn triple at the end if too difficult.

FOR ANY QUESTIONS, PLEASE E-MAIL ME AT kewlkat94@hotmail.com