

Shawty Got Moves

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Phrased Improver
編舞者: Unknown
音樂: Shawty Got Moves - Get Cool



Sequence: AA BB AA BB AA BB A

A Sequence

[1-8] R Point, L Point, R Step Forward, L Kick x2

- 1,2 Point R foot to right side, bring R foot next to L foot
- 3,4 Point L foot to left side, bring L foot next to R foot
- 5,6 Step R foot forward, hitch L foot forward
- 7,8 Kick L foot twice

[9-16] Point and Hook R Front and Behind, ¼ Heel turn Right, Coaster step.

- &1,2 Step L foot back, point R foot to right side, hook R foot in front of L leg
- 3,4 Point R foot to right side, hook R foot behind L leg
- 5,6 R heel down to right side, heel ring with ½ turn over right shoulder. Keep weight on L foot
- 7&8 Step R foot back, step L foot next to R foot, step R foot forward

[17-24] Pivot Turn, Hip Bounce, Pivot Turn, Kick x2

- 1,2 Step L foot forward, Step R foot forward while ½ turn over left shoulder. (Right F ends up behind L foot)
- 3,4 Bounce Hip forward and back keeping weight on R foot
- 5,6 Shift weight to L foot, ½ turn over right shoulder, keep weight on L foot
- 7,8 Kick right foot twice

[25-32] Point and Kick x2, Jump Wide, Jump Cross, Unwind Full Turn

- 1&2 Point R foot to R side, step R foot next to L foot, kick L foot forward
- 3&4 Point L foot to L side, step L foot next to R foot, kick R foot forward
- 5,6 Jump feet out wide, jump crossing R foot in front of L foot
- 7,8 Unwind full turn. Heel pump x2 for added style

B Sequence

[1-8] Side step body rolls x2

- 1-4 Step R foot to R side, circle hips / body roll x2
- 5-8 Step L Foot to L side, circle hips / body roll x2

[9-16] Back step body roll, ¼ turn body roll

- 1-4 Step R Foot Back, circle hips / body roll x2
- 5-8 Step L Foot forward as ¼ turn over right shoulder, circle hips / body roll x2

[17-24] Repeat B 1-8

[25-32] Repeat B 9-16 [Optional: Step back and drop down into squat before L step turn]

Submitted by: Justin I - Email: iwannnacow@yahoo.com