

Step It Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Header Kim (KOR) - June 2025
音樂: Step (스텝) - KARA (카라) : (K-Pop)



* INTRO: 36 counts

Note: No Tag, 2 Restarts

**2 Restarts: On Wall 5, 7 (6:00) - Starts after 16 counts on wall 4, 6 (3:00)

Sec 1: FWD Walk X 2, Scuff - Hitch - Stomp, Body wave, Coaster

1, 2 Step RF forward walk, Step LF forward walk
3 & 4 RF Scuff, Hitch, Stomp
5 - 6 Step LF forward with body wave, Recover weight on RF
7 & 8 Step LF backward, Step RF next to LF, Step LF forward

Sec 2: Monterey R1/4, Heel jack, Hold

1, 2 Step RF side point to R, 1/4 turn to R weight on RF (3:00)
3, 4 Step LF side point to L, LF close next to RF
5 & 6 Step RF cross behind LF, Step LF slightly back to L, RF touch heel diagonal forward
7 - 8 Step Hold (Styling – With say Hello your hand)

Sec 3: FWD Rock, Recover, Shuffle R1/2 turn, Toe struts with Hip Bump X 2

1 - 2 Step RF forward, Recover weight on LF
3 & 4 Step RF 1/4 turn to R (6:00), Step LF next to RF, Step RF forward 1/4 turn to R (9:00)
5 & 6 LF Toe touch forward, Hip bumping to L, Drop heel in place
7 & 8 RF Toe touch forward, Hip bumping to R, Drop heel in place

Sec 4: Funky Knee Diagonal Step L-R-L, FWD Rock with Hip Rolling, Back Together

1& 2& Step LF knee pop diagonal forward to L, Step RF touch next to LF, Step RF knee pop diagonal forward to R, Step LF touch next to RF,
3 & 4 Step LF knee pop diagonal forward to L, Press down, Press down
5 - 6 Step RF forward with hip rolling, Weight on LF
7, 8 Step RF backward, Step LF next to RF

[Easy option]

1 - 2 Step LF diagonal forward to L, Step RF close next to LF
3 - 4 Step RF diagonal forward to R, Step LF close next to RF
5 - 6 Step RF forward with hip rolling, Weight on LF
7, 8 Step RF backward, Step LF next to RF

☐ Happy dance with enjoy music !!☐

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