

R U Ready Freddy

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數:
編舞者: Michele Perron (CAN)
音樂: I've Been Thinking About You - New Londonbeat



WALKS FORWARD: RIGHT-LEFT-RIGHT; FORWARD-&-BACK; WALKS BACK: RIGHT, LEFT; BACK-&-FORWARD

1-2-3 Right step forward, left step forward, right step forward
4&5 Left step forward, right step back, left step back
6-7 Right step back, left step back
8&9 Right step back, left step forward, right step forward

TOUCH/TWIST, STEP/TWIST, BEHIND-&-ACROSS: REPEAT

Optional styling: on counts 10 & 14 is a left knee hitch or the left foot 'hooked' behind right ankle & left knee twists to the right

10 Left touch across front of right (allow hips to twist to the right and shoulders face 1:00)
11 Left step across and behind right (allow hip to twist to the left and shoulders face 11:00)
12&13 Right step across and behind left, left step forward, right step forward and across front of left (allow 'twisting' action)
14 Left touch across front of right (allow hips to twist to the right and shoulders face 1:00)
15 Left step across and behind right (allow hip to twist to the left and shoulders face 11:00)
16&17 Right step across and behind left, left step forward, right step forward and across front of left (allow 'twisting' action)

FORWARD, LOCK, FORWARD-LOCK-FORWARD, LUNGE, RETURN, HIP-&-HIP

18-19 Left step forward, right step forward behind left and to left side of left (allow shoulders to face 2:00)
20&21 Left step forward, right step forward behind left and to left side of left, left step forward (allow shoulders to face 2:00)
22 Right toe/ball step/lunge forward (bend right knee and face 12:00)
23 Left back/rock
24&25 Right toe/ball step to side right with right hip bump, hip bump to center, right step to side right with right hip bump

ACROSS, BACK, FORWARD-&-FORWARD

26-27 Left step forward and across front of right, right rock/step back
28&29 Cha-cha-cha with $\frac{3}{4}$ turn left (left step forward, right step beside left, left step forward)
30-31 Clap hands at left side of head, hold
&32 Clap hands twice at right waist (allow hips to twist left and right knee bends across front of left)

REPEAT