

Ronde Knee Roll (P)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver partner dance
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音樂: Paid My Dues - Anastacia



RONDE KNEE ROLL, KICK BALL STEP

- 1 Rondé with knee roll left foot, turning $\frac{1}{4}$ to the left
- 2 Step forward on left foot
- 3 Kick forward right foot
- & Step right beside left
- 4 Small step forward left foot

CAMEL WALKS, SYNCOPATED JUMPS, KICK CROSS STEP

- 5 Knee pop with left and step forward with right foot, at same time
- 6 Knee pop with right foot and step forward with left foot, at same time
- 7 Jump with both feet apart
- & Jump in, weight on right
- 8 Kick forward left foot
- & Cross left foot over right

SWITCHES, HOLD & CLAP

- 9 Point right toe to the right side
- & Step right beside left
- 10 Point left toe to the left side
- & Step left beside right
- 11 Point right toe to the right side
- 12 Hold & clap

SUGAR FOOT, STEP BACK & POINT, RECOVER

- 13 Swivel step on right foot
- 14 Swivel step on left foot
- & Step back with right foot
- 15 Point left toe forward, turning the body diagonal to right
- 16 Recover weight on left foot

HIP BUMPS, FLICK

- 17 Hip bump back on right
- 18 Hip bump forward on left
- 19 Hip bump back on right
- & Step forward on left foot
- 20 Flick back with right foot

STEP $\frac{1}{2}$ TURN LEFT, KNEE POP, HOLD

- 21 Step forward on right foot
- 22 $\frac{1}{2}$ turn to left, weight on left foot
- & Up both heels, bending knees
- 23 Down both heels straightening knees, weight on left
- 24 Hold

SIDE STEPS, SLIDES

- 25 Big step to the right side with right foot

- 26 Slide left foot towards right
- 27 Big step to the left side with left foot
- 28 Slide right foot towards left

TRIPLE STEP DELANTE, SUGAR FOOT

- 29 Step forward right foot
- & Step left behind right
- 30 Step forward right foot
- 31 Swivel step on left foot
- 32 Swivel step on right foot

REPEAT
