

Juicy

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate/Advanced hip hop
編舞者: Pepper Siquieros (USA) & David Pacheco
音樂: Juicy - Better Than Ezra



CROSS SIDE & CROSS SIDE &, CROSS, UNWIND ½ AND BOUNCE

- 1-2 Cross right over left, left steps to left side
- &3-4 Step back on right, cross left over right, step side right on right
- &5-6 Recover weight to left, cross right toe over left raising right hip, unwind ½ left and bounce down on right lowering right hip-looking over your right shoulder with right hand on right hip
- &7&8 Bounce 2 more times (right hip up, then down) keeping weight on right and still looking over right shoulder (body facing 6:00)

BALL STEP, ½ TURN, PUSH BACK, COASTER, STEP SIDE, SAILOR

- &1 Turn to face 6:00 as you ball step stepping back on ball of left, step forward on right foot
- 2 With feet in place pivot ½ turn left putting weight on left and bending left knee slightly (facing 12:00)
- 3 Push off of left leg to take a big step straight back onto right dragging left heel with you as you go back
- 4&5 Left coaster stepping back on left, step together on right, step forward on left
- 6 Step right foot to right side
- 7&8 Left sailor crossing left behind right, stepping right to right side, step left to left side angling body and both toes to the left

Feet are shoulder width apart and you are looking at 10:00

SWIVEL ¼, SWIVEL ½, BALL STEP, PIVOT ½, BALL STEP, STEP, PIVOT ½

- 1-2 Keeping feet in place swivel pivot both feet ¼ to right to face 2:00 (1), still keeping feet in place swivel pivot both feet ½ to the left to face 9:00
- 3 Drag left foot back next to right and step on it
- &4 Ball step stepping back on ball of right, step left forward
- 5 Pivot ½ turn right to face 3:00 keeping both feet in place
- &6 Ball step dragging right foot back next to left, step left foot forward
- 7-8 Step forward right, pivot ½ turn left onto left to face 9:00

KICK BALL STEP FORWARD, SPIRAL TURN, STEP, STEP LEFT, PIVOT ½, STEP LEFT, PIVOT ¼ LEFT INTO HITCH

- 1&2 Kick right foot forward, step right next to left, step forward on left foot with toe turned out to prep for turn
- 3-4 Full spiral turn right with weight on left foot letting right leg bend and wrap around the left leg as you turn, step forward on right (facing 9:00)
- 5-6 Step forward on left, pivot ½ turn right onto right (facing 3:00)
- 7-8 Step forward on left, hitch right knee up making ¼ turn left to face 12:00 bringing arms straight up together over head, hands in fists and pointing right toe down

SWIVEL MOVING RIGHT HEEL-TOE-HEEL-TOE-HEEL-TOE-HEEL, LEFT SAILOR STEP ¼ TURN, KICK BALL STEP FORWARD

- 1& Step right foot down and slightly right with heel turned out to the right, swivel right toe to the right
- 2&3&4 Keep moving to the right as you swivel right heel, toe, heel, toe, heel to right. Styling: bend right knee so that left leg points to left and drags toe along as you swivel to the right side. Head looks to right

Arms come down slowly to sides, shoulder height, bent at elbows, hands in fists

- 5&6 Cross left foot behind right, step right foot to right making a $\frac{1}{4}$ turn left, step forward on left foot to face 9:00
- 7&8 Kick right foot forward, step right next to left, step forward on left

WALK-WALK, OUT-OUT, LOOK LEFT, WALK-WALK, OUT-OUT, LOOK RIGHT

- 1-2 Walk forward right, left with arms down to sides
- &3 Step right out to right side, step left out to left side and put left hand on left hip
- 4 Snap head to left and look behind you over left shoulder
- 5-6 Walk forward right, left with arms down to sides
- &7 Step right out to right side, step left out to left side and put right hand on right hip
- 8 Snap head to right and look behind you over right shoulder

REPEAT
