

I Like To Move It Move It

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Carole Daugherty (USA) & Frank Cooper (CAN)
音樂: Sweat Of Your Brow - Jully Black



RIGHT DIAGONAL STEP-TOUCH-POINT, ¼ LEFT CHA-CHA STEP, DONE TWICE

- 1&2 Step slightly forward to right diagonal on right foot, touch left toes next to right heel, point left toes out left
- 3&4 Turn ¼ left stepping left forward across right, step right into 3rd position, step slightly forward on left
- 5&6 Step slightly forward to right diagonal on right foot, touch left toes next to right heel, point left toes out left
- 7&8 Turn ¼ left stepping left forward across right, step right into 3rd position, step slightly forward on left, (6:00)

HEEL SWITCHES, TOUCH FORWARD WITH HIP PUSHES, TOE JACK, STEP TOGETHER, SIT, RISE

- 9&10 Touch right heel forward, bring right foot home, touch left heel forward
- &11&12 Step left foot home, touch right toe forward, push hips right, push hips left
- &13&14 Step back on right foot, touch left toes forward, step left foot home, step together with right
- 15-16 Bend both knees into sitting position, rise up straightening knees weight ending on left (add body styling accents if desired using syncopation) (6:00)

Restart point, see below

KICK-BALL-POINT, STEP ¼ LEFT, FLICK, STEP, FORWARD, ¾ CHASE TURN RIGHT WITH TOUCH, SIDE-CHECK, CROSS

- 17&18 Kick right foot forward, step home on right foot, point left toes to left side
- &19-20 Turn ¼ left onto left foot, touch/flick right toes back, step forward on right
- &21-22 Step forward on left foot, turn ¾ right on the ball of right foot to touch left toes next to right foot
- &23-24 Step left foot to left side, check right foot tightly next to left, step left foot forward across right, (12:00)

SIDE, BEHIND-BALL-KICK-BALL-TOUCH, COASTER KICK, BACK-BACK ¼ LEFT BALL-CROSS

- 25-26 Step right foot to the right, step left foot behind right
- &27&28 Step slightly right on right, kick/point left toes forward low across right, step in place on left, touch right toes next to left foot w/ bent knee
- 29&30 Step back on right, step left foot next to right, kick right toes forward low
- &31&32 Step back on right foot, prep step back on left foot, turn ¼ left stepping onto ball of right, step left foot forward across right, (9:00)

REPEAT

RESTART

Facing 9:00, begin 4th repetition by dancing only the 1st 16 counts, then restart with count 1