

Hit The Freeway

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Dee Musk (UK)
音樂: Hit the Freeway - Toni Braxton



PRESS RECOVER, CROSS SIDE HEEL, & CROSS, ¼ TURN RIGHT, ¼ TURN RIGHT WITH HIP BUMPS RIGHT, LEFT, RIGHT

- 1-2 Press left out to left side, recover weight to right as you drag left in
- 3&4 Cross left over right, step right slightly to right side, touch left heel to left diagonal
- &5-6 Step left beside right, cross right over left, make a ¼ turn right, stepping back on left
- 7&8 Make a ¼ turn right and bump hips right, left, right

BALL CROSS ½ TURN LEFT, RIGHT AND LEFT TOE SWITCHES, BALL CROSS, LEFT HIP PUSH, ¼ TURN RIGHT WHILE POPPING RIGHT KNEE OUT, IN, OUT

- &1-2 Step left beside right, cross right over left, make a ½ turn left stepping forward on to left
- 3&4 Point right toe out to right side, close right beside left, point left toe out to left side
- &5-6 Step left beside right, cross right over left, step left to left side into a left hip push
- 7&8 While making a ¼ turn right, pop right knee out, in, out (weight is now forward on right)

LEFT DIP STEP, MAKE A ½ TURN RIGHT SWEEP, BEHIND SIDE CROSS, ROCK RECOVER TOUCH, BALL HEEL BALL STEP

- 1-2 Step forward on left dipping down and bending both knees (make it look cool), as you lift up make a ½ turn right, sweeping right to the right behind left
- 3&4 Step right behind left, step left-to-left side, cross right over left
- &5-6 Rock left out, recover weight to right, touch left beside right
- &7&8 Step left beside right, touch right heel forward, step right beside left, step forward on left

FUNKY DIAGONAL STEPS WITH HEEL BOUNCES RIGHT THEN LEFT, BACK BACK, BALL CROSS & HEEL BALL CROSS

- 1&2 Stepping right slightly to right diagonal, lift right heel, drop right heel (weight should now be on the right)
- 3&4 Stepping left slightly to left diagonal, lift left heel, drop left heel (weight should now be on the left)
- &5&6 Step back on right, step back on left, (feet should be shoulder width apart now), step right together, cross left over right
- &7&8 Step right slightly to right side, touch left heel to left diagonal, step left beside right, cross right over left

REPEAT