

Her? Or Me?

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Amy Christian (USA)
音樂: One or the Other - Paula Abdul



Sequence: A, A, B, B, A, A, B, B, B, A, A, Tag, B, B
32 Count Intro, start when Paula sings "have the time, to make up"

PART A

STEP, BALL, STEP, MOVING FORWARD

1&2 Step right foot forward, step on ball of left foot, step right foot forward
Bring shoulders inwards, crossing hands, snapping fingers, butt sticking out
3&4 Step left foot forward, step on ball of right foot, step left foot forward
Bring shoulders backwards, hands to the back, snapping fingers, pushing pelvic forward
5-8 Repeat 1-4 steps

SIDE TOUCHES, STEP BACK ¼ TURN LEFT, LEFT COASTER, STEP FORWARD

1-2 Step right foot to right side, touch left foot next to right foot (right side body roll)
3-4 Step left foot to left side, touch right foot next to left foot (left side body roll)
5 ¼ turn left, stepping back on right foot
6&7 Left coaster step
8 Step right foot forward

TURN RIGHT ¼, ½, POSE, HOLD, ¼ TURN LEFT, HOLD, LEFT COASTER

1-2 ¼ turn right on left foot, ½ turn right on right foot (6:00)
Pose - hands at chin level, palms open facing forward
3-4 Hold for 2 counts, still posing with hands
5-6 ¼ turn left, hold or do a body roll (weight on right foot)
7&8 Left coaster step

HITCH, TWIST ¼ RIGHT, RIGHT COASTER, HITCH, TWIST ¼ LEFT, LEFT COASTER

1-2 Hitch right foot, twist ¼ turn right on left foot
3&4 Right coaster step
5-6 Hitch left foot, twist ¼ turn left on right foot
7&8 Left coaster step

PART B

SIDE ROCKS, MOVING FORWARD

1-2& Step right foot to right side, rock on left foot to left side, step right foot next to left foot
Move forward while doing this whole 8 count. Look right, while hands swing to left with fingers in snapping position
3-4& Rock left foot to left side, rock back on right foot to right side, step left foot next to right foot
Look left, while hands swing to right with fingers in snapping position
5-6& Repeat 1-2&
7-8 Rock left foot to left side, recover back on right foot

POINT, ¼ TURN RIGHT, RIGHT COASTER, STEP FORWARD, TOUCH

This set of 8 steps are repeated again at the 4th set of 8

1-2 Step left foot next to right foot (hands straight in front, pointing index fingers & pushing butt back), straighten up (bring hands inwards slapping thighs)
3-4 ¼ turn right rolling right shoulder backwards
5&6 Right coaster step
7-8 Step left foot forward, touch right foot next to left foot

OUT, OUT, IN, IN, BACK, BACK, FORWARD, FORWARD, STEP TOUCH, STEP TOUCH

- &1&2 Step right foot to right side, step left foot to left side, step right foot in, step left foot next to right
- &3&4 Step right foot back, step left foot back next to right, step right foot forward, step forward next to right foot
- 5-7 Step right foot to right side, touch left foot next to right foot, step left foot to left side, touch right foot next to left foot

POINT, ¼ TURN RIGHT, RIGHT COASTER, STEP FORWARD, TOUCH

- 1-8 Repeat the 2nd set of 8 counts of Part B again

TAG

SHOULDER POPS 2X RIGHT, 3X LEFT, 2X RIGHT, 1X LEFT, HOLD, POSE

While dancing the last a, minus the last 4 counts, right after the right coaster step. (don't do the left hitch ¼ turn left, left coaster step). Replace the 4 counts with this

- 1-2 Step left foot next to right foot and pop right shoulder up, pop right shoulder back
- 3-4 Pop left shoulder up as right shoulder goes down, pop left shoulder back
- 5 Pop left shoulder even further back
- 6-8 Pop right shoulder up as left shoulder goes down, pop right shoulder back, pop left shoulder up
- 9 Hold
- 10 Hitch right foot diagonally across left foot (right knee facing 10:00)

Hands out to the sides, open palms slightly angled backwards (or do any pose you like)
