

C-Y-F-I (Can You Feel It) Shuffle

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Jo Williams (USA)
音樂: Better Man, Better Off - Tracy Lawrence



KNEE HITCHES, SIDE STEP, SLIDE, BOUNCES

- 1-2 Raise right heel and swing right knee in front of left knee; step down on right heel while raising left heel and swinging left knee in front of right knee
- 3-4 Step down on left while raising right heel and swinging right knee in front of left knee; swing right knee in front of left knee again
- 5-6 Step right foot to right side; slide left next to right
- 7-8 On balls of both feet, bounce heels on floor twice.

KNEE HITCHES, SIDE STEP, SLIDE, BOUNCES

- 9-10 Raise left heel and swing left knee in front of right knee; step down on left while raising right heel and swinging right knee in front of left knee
- 11-12 Step down on right while raising left heel and swinging left knee in front of right knee; swing left knee in front of right knee again
- 13-14 Step left foot to left side; slide right next to left
- 15-16 On balls of both feet, bounce heels on floor twice.

OUT-OUT, CLAP, IN-CROSS, CLAP, UNWIND, BOUNCES

- &17-18 Step right foot to right side; step left foot to left side; clap hands
- &19-20 Step left foot to center; cross-step right over left; clap hands
- 21-22 Unwind ½ turn to the left; hold
- 23-24 On balls of both feet, bounce heels on floor twice.

STEP, SLIDE WITH TOUCH

- 25-26 Step right forward at 45 degree angle reaching forward with palms down; slide left next to right pulling arms toward body (as if pulling self forward along the ground)
- 27-28 Step right forward at 45 degree angle reaching forward with palms down; slide left next to right pulling arms toward body
- 29-30 Step left forward at 45 degree angle reaching forward with palms down; slide right next to left pulling arms toward body
- 31-32 Step left forward at 45 degree angle reaching forward with palms down; slide right next to left pulling arms toward body.

DIAGONAL STEPS WITH HIP PUSHES, ¼ TURN LEFT

- 33-34 Step right forward at 45 degree angle and push hips to right front twice
- 35-36 Push hips to left rear twice
- 37-38 Step forward slightly onto ball of right and push hips right; push hips left pivoting 1/8 turn left on ball of left foot
- 39-40 Step forward slightly onto ball of right and push hips right; push hips left pivoting 1/8 turn left on ball of left foot.

SYNCOPATED JUMPS, WALK FORWARD

- &41-42 Jump back on right; jump back on left; clap
- &43-44 Jump back on right; jump back on left; clap
- 45-46 Walk forward right, then left
- 47-48 Walk forward right; step left beside right.

REPEAT

