

Against The Music

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Earleen Florka
音樂: Me Against the Music (feat. Madonna) - Britney Spears



STRUTS RIGHT & LEFT, STRUT RIGHT TOE KNEE HIP ROLL, FORWARD STEP RIGHT, REPEAT TO LEFT

- 1 Step out forward on right (while moving forward to right use your hip & knees to strut to right)
- 2 Step out forward on left (use same above move, but to the left)
- &3 Step out forward on right using right toe & hip (rolling the toe, hip & knee to the right)
- 4 Step down slightly forward on right foot (right takes weight)
- 5 Step out forward on left (while moving forward to left use your hip & knee to strut out to left)
- 6 Step out forward on right (use same move above, but to the right)
- &7 Step out forward left using left toe & hip (rolling toe, hip, and knee to the left)
- 8 Step down slightly forward on left foot (left takes weight)

TOUCHES FORWARD SIDE, TAPS, TOUCH BACK, TWIST, TWIST WITH HEAD WHIP

- 9-10 Touch right toe forward, touch right toe out to right side
- 11& Tap right toe next to left (2 times)
- 12 Tap right toe back
- 13-16 Twist both heels $\frac{1}{2}$ turn to right while keeping the head forward & the body twisting with your heels, and then whip the head around on the last count (right takes weight)

FORWARD, TOUCH, BACK, TOUCH, ROCK STEP

- 17-18 Step forward left (while doing a head body roll forward at same time), touch right next to left (ending on diagonal)
- 19-20 Step back on right, (while body rolling back at same time), touch left next to right (right takes weight)
- 21& Rock step forward on left (at same pushing forward with knees slightly bent & slightly dipping down using arms with palms up at waist level), lift right up/down
- 22& Rock step back on ball of left toe, lift up/down right
- 23& Repeat step 21&
- 24 Step back on left (prep left for a $\frac{1}{4}$ turn with left taking weight)

$\frac{3}{4}$ TURN LEFT (EQUALS 4 PADDLE TURNS), LEFT FOOT TWIST TO RIGHT, TOE TAPS

- &25 Pivoting $\frac{1}{4}$ turn to left (bring right knee up to left knee on the &count), touch right toe out to right side
- &26 Pivoting $\frac{1}{8}$ turn to left (bring right knee up to left knee on the &count), touch right toe out to right side
- &27-28 Repeat &26 2 times (ending with left taking weight)
- 29 Twist left toe slightly to right
- 30 Twist left heel back to center
- 31&32 Twist to left toe to right, heel center, toe to right (at the same time slightly traveling to right & tapping the right toes as your moving)

REPEAT