

Y & P (Young and Pretty)

COPPER KNOB
STEPSHEETS

拍數: 38 牆數: 2 級數: Easy Intermediate
編舞者: Ines Maaß (DE) - May 2014
音樂: D.I.Y. - Paul Heaton & Jacqui Abbott



Intro 16 Counts

Walk R/L, Shuffle Forward, Rock Forward, Shuffle ½ Turn L

- 1 - 2 walk forward R/L,
- 3 & 4 step RF forward, step LF towards RF, Step RF forward,
- 5 - 6 step LF forward, recover on RF,
- 7 & 8 ¼ turn left stepping LF to left, step RF next to LF, ¼ turn left stepping LF forward,

Shuffle ½ Turn L 2 x, Step Forward Heel Split, Kick Ball Cross

- 1 & 2 ¼ turn left stepping RF to right, step LF next to RF, ¼ turn left stepping RF back,
- 3 & 4 ¼ turn left stepping LF to left, step RF next to LF, ¼ turn left stepping LF forward,
- 5 & 6 step RF forward, split both heels out, turn both heels to center and shift weight on LF,
- 7 & 8 kick RF forward, step right ball next to LF, cross LF over RF, (**)

R Side Together, Scissor Step, L Side Together, Scissor Step

- 1 - 2 step RF to right, step LF next to RF,
- 3 & 4 step RF to right, step LF next to RF, cross RF over LF,
- 5 - 6 step LF to left, step RF next to LF,
- 7 & 8 step LF to left, step RF next to LF, cross LF over RF,

Kick Ball Point, Hip Bumps, Kick Ball Cross, Swivels ½ Turn R

- 1 & 2 kick RF forward, step right ball next to LF, point LF to left side,
- 3 & 4 bump hips L/R/L shifting weight on LF,
- 5 & 6 kick RF forward, step right ball next to LF, cross LF over RF,
- 7 & 8 swivel both heels left, swivel both heels right, swivel both heels left making ½ turn right,

Shuffle Forward R/L, Step ½ Turn L

- 1 & 2 step RF forward, step LF towards RF, step RF forward,
- 3 & 4 step LF forward, step RF towards LF, step LF forward, (*)
- 5 - 6 step RF forward, ½ turn left shifting weight on LF.

Start again.

Restarts:-

During wall 5 after 36 Counts. (*)

During wall 6 after 16 Counts. (**)

Ending: The dance ends during wall 7 after 32 counts on front wall - do the Swivels without turning.

Thanks to Achim LaGrange who discovered the song.

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